



ISLAND HOSPITAL

Spring
2011

Heartbeats

Magazine

**Aesthetic,
Reconstructive
& Hand Surgery
at Island p. 4**



Recollections of 35 years p. 12

**Gala of Hope
earns \$175,000
p. 16**



Commissioner Message

Tax-rebate program

by C.W. "Buzz" Ely MD

Island Hospital
Board of Commissioners



At our April 21 meeting, the Island Hospital Board of Commissioners voted 3 - 1 (1 absent) to continue the hospital's Tax Credit Program. The new policy allows residents of the Hospital District to utilize the past year of the property tax paid toward the hospital instead of three years per the current policy. The new policy goes into effect July 1, 2011. The Board believes that this balanced approach is best because it helps the hospital during these difficult economic times while maintaining a hospital-bill discount for our local residents.

In 1987 the IH (Skagit County Public Hospital District No. 2) Board of Commissioners approved Resolution 333 establishing the Tax Credit Program. This allowed District residents to deduct the hospital's portion of property tax from out-of-pocket charges for hospital services.

At that time, this was a way to encourage local residents to use Island Hospital services instead of going out of district for care. In addition, Island Hospital was celebrating its 25th anniversary and the 1987 Board wanted to thank residents for supporting the hospital. We're not sure whether that Board expected this Tax Credit Program to last 25 years.

We are one of only a few hospitals still offering this program, none of which are in our area.

Over the past five years (2006 - 2010), the hospital has written off nearly \$1.5 million as a result of this program. In light of financial pressures caused by State and Federal budget cuts, the impending and unknown effects of the 2010 Affordable Care Act, and continued high inflation with respect to healthcare supplies and pharmaceuticals, the Board of Commissioners decided to review the continuance of the program.

The Board held two hearings in March, one at Anacortes City Hall and one during its regularly scheduled meeting, to listen to input from constituents about the program. In addition, emailed and mailed submissions resulted in 18 responses that were shared with the Board.

As we move forward, I assure you that the Island Hospital Board of Commissioners will do everything possible to meet the needs of our community and stay financially viable for the long term.

Vital screenings help women stay healthier, longer

Women are traditionally caregivers. They tend children, spouses and aging parents - often in conjunction with busy professional and family lives. It's not uncommon, then, for women to defer their own healthcare needs. However, early diagnosis of health problems can mean higher cure rates and less invasive treatment. It can mean living healthier, longer.

In addition to a yearly general physical and blood work, two other screenings are recommended for women. They are the DEXA scan, which measures bone density and the mammogram, which screens for cancer of the breast.

Early detection, treatment can halt bone loss

Bone-density scans detect signs of osteoporosis, a condition marked by decrease in bone mass. Scans can help predict risk of broken bones, determine the need for treatment and monitor its effectiveness. Dual-energy x-ray absorptiometry, or DEXA scans, are considered to be the most accurate test for osteoporosis. They can detect changes of approximately 1% in bone density, while exposing patients to less radiation than a standard chest x-ray.

DEXA scans are recommended for women at age 65 or older, postmenopausal women who sustain a bone fracture and those who have been on hormone-replacement therapy for prolonged periods. Women of any age who have multiple risk factors should discuss with their medical-care provider whether a DEXA scan is right for them.

Risk factors for osteoporosis include:

- Being female
- Advanced age
- Being Caucasian or Asian
- Thin, small frame
- Family history of osteoporosis
- Cigarette smoking
- Excessive alcohol intake
- Use of certain medications
- Sedentary lifestyle

Early detection can save lives

Breast cancer deaths in the U.S. are decreasing thanks largely to new, improved treatments and early detection. Mammography is a type of low-dose x-ray



DEXA scans are simple, noninvasive procedures that test for bone loss.

that produces detailed images and is an important tool in detecting cancers of the breast. Mammography can find 85-90% of breast cancers in women past age 50 and can detect a lump as much as two years before it can be felt. **Recent studies have found that women whose breast cancers were not found by mammograms have a 53% greater risk of dying of the disease than those with cancers detected by mammography.**

There has been some controversy about when and how often women should be

Call (360) 299-1315 to schedule your DEXA screening and mammogram at Island Hospital.

screened for breast abnormalities. At Island Hospital yearly mammograms are recommended for women beginning at age 40 and continuing as long as a woman remains in good health. These guidelines mirror those of the American Cancer Society and the National Comprehensive Cancer Network.

According to Rod Dalseg, Island's Director of Diagnostic Imaging, a majority of the medical community believe early and regular screening can lead to better outcomes. "Women should look on mammograms, DEXA scans and other health screenings as an investment in a healthier future."

Family history is a key health screening tool

Knowing your family's health history can help you and your healthcare provider identify risk factors and choose screenings that could provide early detection of medical problems. Certain diseases, including breast cancer and osteoporosis, may run in families. If you know basic information about family members -- including their ages, health histories, ethnicities, plus dates and causes of death -- you'll have a better idea of what health conditions you should be screened for and how to modify your lifestyle to prevent or minimize their potential impact on your health.

As I See It...

By Vince Oliver, IH
Chief Executive Officer



In the past months, our Board of Commissioners, Administration, Medical Staff, Foundation Board and managers have shared ideas on how we will keep Island Hospital financially viable while maintaining, and improving, our excellent quality of care.

In the previous issue I discussed our strategic focus on physician recruitment, retention and succession; which are absolutely crucial to Island Hospital's continued success. Another area of strategic importance, that holds great potential for us, is collaboration with a *tertiary* medical center. Many smaller hospitals are affiliating with large, urban hospitals – such as those in Seattle – to offer a continuity of care for services that we are simply unable to offer. How, and if, we make a decision can have great advantages for our community.

We are establishing a work group – comprising two commissioners, two physicians and yours truly – to define the scope and nature for collaboration. The group will seek input and consensus from physicians, managers and others. Another objective is to prepare Island Hospital's collaboration portfolio, providing a summary of our services, facilities, patient volumes, financial performance and other important information. A key piece of this portfolio is our performance across a number of quality measures, which already has many organizations interested.

Once complete, our work shifts to the require-

ments for collaboration with Island, including exclusivity, information technology, programs and services, performance measures, willingness to invest in our local community and more. We then would identify those organizations that work best for us and make a selection based on these factors as well as strategic advantage.

In this issue

This Heartbeats features a number of articles on our new Center for Aesthetic, Reconstructive and Hand Surgery at Island Hospital. We are very fortunate to have David Slepian MD, Plastic Surgery, bring his outstanding practice to Anacortes.

Recently we held our Annual Employee Recognition Dinner to celebrate the people who help bring excellent healthcare to our communities. I as well celebrated my 10th anniversary at Island Hospital and could not be prouder to serve alongside such an exceptional group of devoted individuals. Our very deserving 2010 Management Leadership Award winner Penny Snarrenberg RN, Director of Home Health, and Employee of the Year Travis Vandewey RPh, Pharmacy Services, are outstanding professionals.

Our Volunteers also were recently celebrated. Kydie McKee continues to contribute her time at Island, which now totals 13,000 hours. In all, we celebrated more than 16,000 volunteer hours in 2010, which represents a contribution of more than \$300,000! Thank you all for making Island Hospital better for our patients, visitors and staff.

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

Our Mission:

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

Island Hospital

(Skagit County Public Hospital District No. 2) is governed by a Board of Commissioners. Correspondence to commissioners can be sent to:

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

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Comments or suggestions to:
(360) 299-1310

COMMUNITY RELATIONS/ EDUCATION DIRECTOR

Dennis Richards

HEALTH RESOURCES COORDINATOR

Aubre Adams

COMMUNITY EDUCATION COORDINATOR

Claire Zaugra

COMMUNITY RELATIONS/ DIGITAL MEDIA COORDINATOR

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GRAPHICS/DESIGN

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WRITER

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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.

Dr. Slepyan provides advanced aesthetic surgical services

Dr. David Slepyan MD, whose extensive training and skills help patients reach their reconstructive and cosmetic surgery goals, is now providing services at the new Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital. He also sees patients in Mount Vernon and in Coupeville where he has practiced for nearly a decade.

Dr. Slepyan received an MD from Cornell University Medical School. He served a General Surgery Residency at the University of Washington Hospital and a Plastic Surgery Residency at the University of Miami, FL. Dr. Slepyan also completed a Craniofacial and Plastic Surgery Fellowship with world-famous Dr. Paul Tessier in Paris, France and a Hand Surgery Fellowship with Dr. Harold Kleinert of Louisville, KY.

Prior to opening his private practice, Dr. Slepyan was Assistant Chief of Plastic Surgery at Portsmouth Naval Regional Medical Center, Portsmouth, VA; Director of the Microvascular Lab at Swedish Hospital, Seattle and Chief of the Plastic Surgery Division at Providence Medical Center, Seattle.

Dr. Slepyan has donated his time and surgical skills to treat children from third-world countries who were born with craniofacial deformities. He says this endeavor has brought him great personal satisfaction.

The Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital is located at 2511 M Avenue, Suite D, Anacortes. For an appointment call (360) 588-2081.



Carpal tunnel syndrome

by David Slepyan MD

Carpal tunnel syndrome is one of the most common hand ailments and each week I see three to four new carpal tunnel patients, ranging in age from mid-20s to mid-90s. The syndrome is a *compression neuropathy*, which means pressure on the median nerve creates numbness in the hands or in the fingers.

A number of systemic diseases can cause carpal tunnel syndrome including diabetes, alcoholism or hypothyroidism. But one of the most common causes is overuse, pulling or stretching injury, or a lack of blood supply. Anything that might cause the wrist to swell can lead to carpal tunnel syndrome. For the young patients I see, the causes usually stem from the way they are using their hands. For instance, rowers who hold a death-grip on an oar can develop the symptoms of carpal tunnel syndrome, which can be eased by adjusting the thumb and loosening the grip. But for more chronic, less behavior-based cases, the causes of carpal tunnel vary.

The most common symptoms of carpal tunnel syndrome are night pains or awakening without sensation in the fingers. This is due to compression of the median nerve which supplies sensation to the thumb, index, mid and ring fingers. When the nerve is compressed, the fingers commonly feel like they're tingling, often leading to "triggering". Triggering occurs when a finger catches or locks in a folded position as you make a fist.

Carpal tunnel pain patterns can be quite varied; some patients may suffer arm and

shoulder pain while having no symptoms in the hand. It's quite common to have pain radiating to the neck and this is typically the nocturnal rest pain. Interestingly, this pain in the upper arm or neck is almost always cleared by relieving the pressure on the nerve at the wrist.

The diagnosis of carpal tunnel syndrome is made by a number of tests. Sensory tests may show decreased sensation to light touch or vibration. These symptoms are present if you have the sensation of your hand falling asleep, either while you are driving due to the vibration coming through the steering wheel, or doing other regular activities.

The electro-diagnostic test is the gold standard for determining carpal tunnel syndrome. This test shows objective evidence of impaired conduction through the nerve and usually provides results the same day.

Relieving carpal tunnel

Your primary-care provider can offer therapies that patients can use to relieve pain. These include splinting the wrist to avoid flexion while sleeping; oral anti-inflammatory drugs and diuretics can help decrease swelling in the wrist to relieve symptoms; and steroid injections are effective, but serve as a diagnostic test to see if it clears the problem. Prolonged steroid use is not recommended as it can damage the nerves.

If non-invasive options fail, carpal tunnel

continued on Page 5

Services

Plastic Surgery

- Breast reduction
- Breast augmentation
- Breast reconstruction
- Breast lift
- Brow lift
- Face lift
- Fat grafting
- Rhinoplasty (nose enhancement)
- Skin resurfacing
- Tummy tuck
- Upper & lower eyelids

Body Contouring

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

Hand Surgery

- Arthritis
- Carpal tunnel syndrome
- Cubital tunnel syndrome
- Extensor tendon injuries
- Fractures of hand, wrist, fingers
- Ganglion cysts
- Tennis elbow
- Trigger finger
- Wrist fracture

Wound-care services confirmed

Medical Arts Pavilion at Island Hospital on schedule

Work on the Medical Arts Pavilion (MAP), located on the east side of the Island Hospital campus continues on schedule for a December 2011 completion. Expected to open in January 2012, the MAP will house Island Hospital Physical Therapy & Rehabilitation, an expanded Cancer Care Center and a new Wound Care Center. Plans for the Wound Care Center – featuring *hyperbaric oxygen therapy* – are now finalized and

this service will be initiated upon the opening of the MAP.

The new building will be attached to the main hospital building allowing easy access to other services. At publication, the MAP was just beginning to take shape, as walls are being constructed and most of the "subgrade" work is completed. For information, call Project Manager Marc Estvold at (360) 299-1327.



The curved wall is a key element in the design of the exposed concrete curved stairwell which connects the upper and lower levels. Contractor Lydig Construction here has the west side of the curved concrete wall formed and you can see iron workers tying the steel reinforcement in place.

The MAP metal framing is now in place and exterior walls can now be built.

continued from Page 4

syndrome is usually cleared by one of two surgical approaches: an open approach or endoscopy. The open approach involves a larger incision that allows the surgeon to look for any additional causes of the syndrome. Endoscopy requires a smaller incision as a tube is used to release the ligament. I prefer the open approach to ensure that we have addressed any underlying causes of pressure on the nerve. The results of either procedure are quite similar.

Surgery usually results in a noticeable relief of pain. Patients are very satisfied that the forearm and shoulder pain is usually gone 24 hours after the procedure. The numbness in the fingertips may stick around for several months, especially if the carpal tunnel has been going on for years. Complications are relatively few; however, if a patient doesn't modify the way they've been using their hands, the syndrome can reoccur. Reoccurrence can be prevented by simple changes in hand position and learning how to do routine activities without a "death grip".

Patients usually return to work in two to four weeks following surgery. If your occupation requires heavy manual labor, it will be about four to six weeks before you return to work. Remember carpal tunnel syndrome can recur if you continue to misuse your hands.

Overall, carpal tunnel-release surgery has a high success and satisfaction rate. The syndrome is very common and is best treated in its early stages to avoid damage to the nerve or thenar muscles. That said, people of all ages can have effective relief through the variety of approaches available.



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Dr. Eiesland passes away



Dr. Harold Eiesland MD, who counted more than a quarter century of service to Island Hospital and many patients treated over those years, died at

his home in Anacortes on Feb. 9. Well-known and well-liked at the Hospital and in the Anacortes community, Dr. Eiesland's long and valued service was recognized in 2011 when he shared the prestigious "Spirit of the Island" award with Dr. John Chambers and Dr. Harold Clure.

Dr. Eiesland retired from Fidalgo Medical Associates (FMA) in 2000 where his Internal Medicine practice focused on Oncology and Gastroenterology. As part of his long-term commitment and work with the IH Oncology Department, Dr. Eiesland helped initiate infusion-therapy services – an advancement that has benefited many cancer patients.

He also served a term as IH Medical Chief of Staff and was a member of the Island Hospital Foundation.

Dr. Eiesland was remembered by his friend and partner in practice of 20 years, Dr. Mark Backman: "He had the technical skills and intellectual curiosity to advance both Oncology and GI services in Anacortes," said Dr. Backman. "Harry Eiesland made truly unique contributions and I consider myself very fortunate to have known and worked with him."

Born in Sioux Falls, SD, Dr. Eiesland grew up on a farm and attended a one-room schoolhouse before earning a Biology degree from Harvard University and a MD degree from the University of Washington. He met and married his wife, Diane, in Seattle in 1967. After training and practicing medicine with the U.S. Army for two years, the couple and their children moved to Anacortes where Dr. Eiesland joined FMA. Active in hospital and community organizations, Dr. Eiesland will be missed by his family, friends, colleagues and patients to whom he gave so generously of himself.

Kathi Tjeerdsma honored



Kathi Tjeerdsma, Island Hospital Health-Unit Coordinator (HUC) was honored recently by the Salvation Army for her service during the holiday season.

For the fourth year in a row, Kathi took vacation time from the hospital in December to coordinate the Anacortes Salvation Army Toy Shop. She logged over 81 volunteer hours both during her vacation and after work. As coordinator, Kathi inventoried every donation item (2,329 toys), keeping track in a daily log how many items were donated, where they came from and the date they came in. She also was responsible for checking to make sure the donations were not on a recall list. In addition, Kathi was in charge of the orientation and training of the Toy Shop volunteers. Volunteers start in November with the Angel Tree tags and work through December.

Kathi's inspiration is her mother-in-law who volunteered many hours to the Toy Shop. "When my mother-in-law passed away, we realized all of the time she had spent at the Salvation Army. We also realized that without her they would need someone to assist and fill the void. My husband and I started volunteering at Christmas with the Toy Shop, not realizing the great need in Anacortes or how many families rely on the assistance of the Salvation Army to just make it through another month."

Kathi also volunteers with the Salvation Army Youth Group which meets on Wednesday evenings (except during the summer months). She says it is all worthwhile "to know you brighten someone's life with just a few hours of help. The satisfaction of just being able to see a mother's smile or tears when she receives toys that she would not be able to give her children or the laughter of the kids at youth group is amazing."

Congratulations Kathi!

Bojan Kuure selected as Nurse of the Year

Bojan Kuure RN, Island Hospital Director of Surgery, was selected recipient of the Jhansi Chowdary Nurse of the Year Award by Healing the Children (HTC) for her commitment to providing medical care to children in need. HTC is a nonprofit humanitarian organization dedicated to securing donated medical and surgical care for children around the world. Over the past 35 years, HTC has served nearly 200,000 children in more than 100 countries, including the U.S. Kuure, who has worked at Island Hospital for 37 years, has served on 79 medical missions to 56 countries in her career, 45 with HTC.



Skagit Regional Clinics holds open house



Island Hospital CEO Vince Oliver (center) and CFO Peter Swanson (right) share a moment with Skagit Valley Hospital Commissioner Stan Olson at the open house for Skagit Regional Clinics offices in the IH Medical Office Building. Located at 2511 M Ave., Suite F, Anacortes, the offices house the practices of Vidhu Paliwal MD, Robert Stewart MD and Jeffery Feld MD, cardiology; and Brian Kendregan MD, pulmonology. To contact the cardiology office call (360) 293-0308; for pulmonology, (360) 428-2586.

Farm-to-Healthcare nutrition programs return to Island

Since 2007 Island Hospital has participated in the Farm-to-Healthcare initiative that has proven its value for the community, patients, employees and local farmers.

Along with the 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 to deliver food and helps preserve Skagit County's agrarian landscape.

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

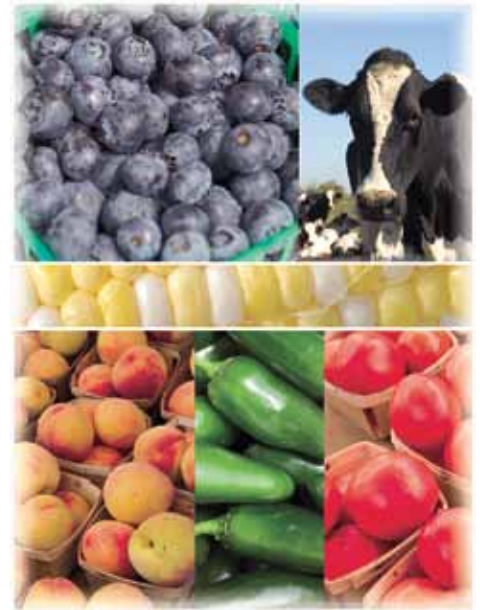
fruits and vegetables each Thursday at the hospital.

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 spinach 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 2.

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 the IH 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 also offers 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 2 p.m., June 2 through Sept. 8, adjacent to the main hospital entrance at 1211 24th Street. Along with the farm stand, the Summer Wellness Fest will include wellness information, resources, and the opportunity to discuss nutrition topics with a dietitian. Fresh-cut flowers, fresh bread and chair massage will be offered again this season. Berries from Sakuma Farms will be available and more vendors offering healthy local products are expected to be added.

Cooking demonstrations will be offered regularly throughout the summer – with samples provided – using fresh produce. Recipes will be offered each week to encourage people to use more farm-fresh products.

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



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Auxiliary "funraisers" brighten the day

Spring may have come late to the Pacific Northwest this year, but nothing heralds the season with quite so much lip-smacking anticipation as the Island Hospital Auxiliary's annual Easter Basket/Bake Sale. An Anacortes tradition that draws new and established customers from the hospital and throughout the community, the sale satisfies many a sweet tooth. This year, those colorful goody-filled baskets and tempting baked goods sold out in a few hours. All proceeds of the sale go to benefit Island Hospital.

Another spring project draws smiles from moms, newborns and everyone at Island Hospital's Birth Center. The Auxiliary-sponsored "Baby Shower" features refreshments and a new outfit and blanket for babies about to be taken home for the first time by their families.

"We think newborns at Island Hospital should have a little hoopla and new duds when they go home," said Auxiliary President Ann Giboney. "Our Baby Shower benefits families that may not have the means to provide a special outfit. When those new moms smile, we all smile."

Giboney issued a special invitation to those who may want to join the Auxiliary and spread smiles. "We're always looking for new members who want to have fun and brighten someone's day," she says. "Come to one of our luncheon meetings, on the first Monday of each month except July and August". For more information about joining the Auxiliary, call Island Hospital Foundation at (360) 299-4201.



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(From left) Auxilians Ann Giboney and Shirley Smith, Dr. Richard Wagner and Becky Bean RN with recently donated hearing-testing equipment.

Equipment gets second chance to help children

In healthcare, technologies advance literally overnight and at Island Hospital it's a challenge to deploy state-of-the-art equipment with increasingly limited funding. But what happens when technology moves ahead and hospital equipment that has become obsolete is no longer used in patient care?

One answer involves three organizations and some caring people who came together to benefit children in counties where healthcare services may be few and far between.

In 2001, the Island Hospital Auxiliary joined several other local service groups to purchase and donate equipment which screens the hearing of newborns in the IH Birth Center. The Auxiliary also provided funding to update the equipment at a later date, but by 2010 the technology had become obsolete and not practical for updating. The Hospital then determined that contracting newborn ear screenings to an outside company was more cost-efficient and ensured that the latest technologies would always be used.

Rather than see the donated ear screening equipment stored or discarded, Ann Giboney,

on behalf of the IH Auxiliary, approached Birth Center Clinic Coordinator Becky Bean RN to explore another donation. Bean contacted Dr. Richard Wagner, founder and executive director of Global ENT Outreach, a nonprofit organization that treats ear-related disabilities and diseases in children living in developing and low-income countries. Dr. Wagner, an Ear, Nose and Throat specialist who lives in Coupeville, WA, agreed to place Island Hospital's ear screening equipment at one of his organization's clinics. There, he said, it will be valuable in helping to assess hearing in children who would otherwise not have access to the service.

Both Bean and Giboney agree that the donation to Global ENT Outreach ranks as a classic double play. "It's very satisfying for those of us in the Auxiliary and in the Birth Center to see this equipment get a second chance to help some vulnerable young patients," said Giboney. "We're grateful that this donation will continue to make a difference."

Dispose unused medications properly

Prescription medications are vital in treating medical conditions and diseases but it's also important to properly dispose of them to avoid harm to others and the environment. According to the U.S. Food and Drug Administration (FDA), most drugs can be thrown out with the household trash – as long as certain precautions are taken – and some medications should be flushed down the toilet. Better yet, find a community-based "take-back" program that will receive unused medications for disposal.

Federal guidelines developed by the FDA are:

- Follow any specific disposal instructions on the drug label or information that accompanies the medication. Do not flush prescription drugs down the toilet unless the information specifically instructs you to do so. Flushing is appropriate for dangerous drugs such as morphine or hydromorphone.
- If no disposal instructions are on the drug label and no take-back program is convenient for you, throw the drugs in the household trash, but first:
 - ☛ Take them out of the original containers and mix with water and an

undesirable substance such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets and unrecognizable to people who may go through your trash.

- ☛ Put them in a sealable bag, empty can or other container to prevent the medication from leaking or showing what's inside the garbage bag.
- ☛ Be sure to scratch out all patient information on the label to make it unreadable. This protects your identity and health information.
- Take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your household trash service to see if a take-back program is available. These are usually more restrictive for the more dangerous drugs.
- Do not give medications to friends since these are prescribed based on a person's specific symptoms and medical history. What works for you may be dangerous for someone else.



For prescription-drug disposal sites near you, go to the link available on www.islandhospital.org

- When in doubt about disposal, talk to your pharmacist.

Despite safety reasons for flushing drugs, some question the practice due to concerns about trace residues found in rivers, lakes and community drinking-water supplies. However, the primary way drug residues enter water systems is by people naturally passing them through their bodies, says Raanan Bloom PhD, FDA Center for Drug Evaluation and Research. "Most drugs are not completely absorbed or metabolized by the body, and enter the environment after passing through waste water treatment plants."

This article derived from www.fda.gov.

Expanded wound care for Island Hospital patients

The Medical Arts Pavilion at Island Hospital, scheduled to open in January 2012, will offer expanded care for patients with chronic wounds, ostomies and continence disorders. The new-

Wound Care Center will provide services physicians say is needed to avoid sending patients out of the community to receive the advanced levels of care they require.

Today millions of Americans are debilitated by non-healing wounds and related disorders. Demand for wound care is expected to grow, especially in communities such as Anacortes which is home to a growing number of seniors with chronic medical conditions.

This isn't news to Penny Snarrenberg RN, Director of Island Hospital Home Health. "We treat wound patients who are unable to come to the hospital for treatment," she said. "This and other home-healthcare services are part of the continuum of cost-effective, individualized care that patients rely on Island Hospital to provide."

The healthcare team at the new Center will include physicians and nurses certified in wound care. They and other healthcare professionals will provide expanded services to outpatients and to those still receiving treatment in the hospital.

If an outpatient is no longer able to come to the hospital for treatment, IH Home Health will provide at-home wound care as needed. Home-health specialists work closely with patients, families and healthcare providers to develop a wound-care plan that meets the needs of each individual patient and helps them to achieve the highest level of health, comfort and function.



Island Hospital Home Health Nurse Bonnie Bowman RN provides in-home wound care to patient Lyda Robison.

VOLUNTEER HONORS 2010

In 2010, 140 Island Hospital Volunteers recorded 16,228 hours of service and all current Volunteers have compiled nearly 150,000 hours of service to the hospital. This number may be more accurately estimated at 200,000 considering that the non-reported Volunteer hours is typically 25%. In addition, the Volunteer Island Hospital Foundation Board hours are not reported here.

Since opening in 1962, Island Hospital has enjoyed tremendous community support and Volunteers are a vital part of hospital operations. Thank you to all of our Volunteers.

UP TO 99

Julie Boe
Amy Burch
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Pete Dubinski
Julie Edwards
Jo Fuqua
Jerry Hann
Lynne Hann
Bette Huff
Ann Huston
Carolyn Kloke
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Robin Robinson
Erin Soucy
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200 HOURS

Wendy Bents-Patterson
Elena Creager
Mary Henderson
Betsy Rogers
Nancy Rota
Carol Withrow
Ryan Xue

300 HOURS

Donnalee Acosta
Nancy Bitting
Mac Langford

400 HOURS

Shellie Bogosian
MaryEllen Dorsey
Joan Hallenbeck
Scott Love
Margaret Vasquez

500 HOURS

Elaine Brock
John Insull
Madeline Rose

600 HOURS

Helene Fink
Diane Groves
Ed Mazur

700 HOURS

Peggy Griswold
Sally Kilpatrick
Judy Mayte

800 HOURS

Glenda Bolicek
Stella Doyle
Jonathan Prescott
Diane Ramerman
Pat Weeth

900 HOURS

Mimi Chambers
LouAnn Curtis
Peter Dowden
Karen Maughan

1,000 HOURS

Jack Dunphy
Barbara Kiver
Brian McKee
Austin Schafer
Curt Van Hying

1,100 HOURS

Marilyn Malesic
Ann Giboney

1,200 HOURS

Louise Kelly

1,300 HOURS

Betty Adams
Penny Rustad



continued on Page 11

On-call Chaplains address spiritual concerns

by **Pastor Christen Anderson**

Island Hospital Spiritual Care Coordinator

Spiritual Care Services at Island Hospital are an integral part of the holistic services for our patients, visitors and staff. It is critical as we realize that healing comes from three very important and interdependent disciplines. In order to care for the whole person we must address the physical, mental and spiritual needs of our patients and their families. Our excellent medical staff takes care of the physical and mental. It is the task of our Chaplains to assist our patients as they take on the spiritual concerns that are very much a part of healing.

The Volunteer Chaplain program consists of local clergy and ministers who serve on call 24 hours a day and seven days a week. They are trained as non-judgmental listeners and are familiar with many of the diverse spiritual traditions that are present in our community. Most have specific training in hospital chaplaincy and all are certified by their local religious organization as counselors.

There are three main areas of service provided by IH Spiritual Care. First, the immediate contact with patients is through the "on-call" Volunteer Chaplain, who makes regular visits to patient rooms and treatment areas on a daily basis. Second, as an intermediary to contact a local minister when requested by any patient or family member. The third is through me as Spiritual Care Coordinator, a retired military chaplain who facilitates the program and coordinates a schedule to ensure the most effective coverage.

Although all Volunteer Chaplains come with backgrounds in counseling and/or hospital ministry, there is an ongoing monthly training program to remain current. Difficult counseling situations also are used as learning experiences for the group. Further training is available in conjunction with area hospitals and counseling programs.

For more information about Spiritual Care Services at Island Hospital please contact me at (360) 299-4280 or cvanderson@island-hospital.org.



Providing spiritual care at Island are (from left) Pastor Chris Anderson, Coordinator, Anacortes Lutheran Church; Diane Ramerman, Christ Episcopal Church; Ruth Eide, Christ the King Community Church (back); Rev. Ginny Kluth, Center for Spiritual Living (front); Sandra Tucker, Certified Therapist; Br. Jon Prescott, Buddhist. Not shown: Rev. Doug Fakkema, Anacortes Christian Reformed Church; and Wendy Bents Patterson, Christ the King Community Church.

continued from Page 10

1,400 HOURS

Gail Koller

1,600 HOURS

Jeri Strom

1,700 HOURS

Ginny Kluth
Win Stocker

1,800 HOURS

Jenny Market
Suzette Richards-Hapeman

1,900 HOURS

Laurie Mueller
Ralph Scott

2,400 HOURS

Betty Anne Ely

2,500 HOURS

Nancy Husted

2,800 HOURS

Dee Holmes

3,000 HOURS

Pat Bell

3,800 HOURS

Les Cooper

4,100 HOURS

Fran Engen

4,300 HOURS

Jerri Eichorn

5,000 HOURS

Rebecca Flint
Elaine Oliphant
Craig Smith

8,000 HOURS

Marge Sargent

8,500 HOURS

Eunice DeMar

13,000 HOURS

Kydie McKee

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AT ISLAND HOSPITAL

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Island Hospital held its Ninth Annual Employee Recognition Dinner in February honoring more than 100 employees for exceptional performance and longevity in service to the hospital.

Employees recognized for their outstanding contribution to Island Hospital were 2010 Employees of the Month, Employee of the Year Travis Vandeway RPh and Management Leadership Awardee Penny Snarrenberg RN.

Additionally, an astounding number of employees were honored for their years of service to the hospital. In all, 970 years of service were represented, including eight employees who have served more than 30 years! Those celebrating 30 years or more as of 2010 were 35-year honorees Luella Breckenridge, Bette Finn RN, Nancy Parnell and Kirk Ruddell, along with 30-year honorees Thomas Batz, Rebecca Bean RN, Sharon Horak and Joyce Humenik.

5 Years

Gregory Barley RN BSN CEN
Kim Blankenship
Leann Braaten
Barbara Brower RN
Tasha Bunch
April Carlson
Kristin Cartwright
Judith Charlton RN
Barbara Cooper RN
Steve Coryell
Tracey Dobkins RN BSN
Christopher Edwards MLT
Hubert Felder MT (ASCP)
Natalie Gannon
Marylou Grogan RN OCN
Laura James RN
Sharon Jones
David Kahle
Nicole Kettlewell
Konnie Kleparek
Marcia Kucera RN BSN
Chara Leopard RN
Linda Lewis PT
Laurel Longstaff
Catherine Mays RN CEN
Carolyn McCoy

Kristy Nelson
Eva Ould
Megan Ove
Teena Peardon CTR
Theresa Pierson RN
Mary Post
Richard Ralston RT
Delfina Reyes
Denise Richter
Kristin Rogers PharmD
Myrna Salcedo
Verene Sandoz MT (ASCP)
Ralph Scott
Susan Simons
Rachael Vaughn
Sophie Watts-Strieck RN BSN
Trish Weir
Helen Whitley
Eric Wildman
Brandon Workman
Thomas Wright RT (R)
Claire Zaugra
Denise Zuidmeer RT (R)

10 Years

Barbara Asseln
Gregory Barney RT (R)
Monte Birkle
Teresita Collier
David Derting
Rade Dotlich MT (ASCP)
Theresa Drahn PT
Michael Knippelberg
Bill Love
Melissa Martin PT
Renee McKinnon
Kristal Merrick
Sandra Moody
Vincent Oliver
Lisa Parker
Hope Pios RN IBCLC
Jessica Reik
Fredelinda Richardson
Christine Storm RN
Lorraine Wilcox RN

15 Years

Daniel Harju RN
Patricia Morgenthaler
Julie Murray
Lois Pate RN

Sheryl Robinson RN
Sandra Schafer RN
Oliver Stalsbroten MD
Virginia Voellinger

20 Years

Dawna French RN BC
Steven Neitzel
Jill Richards
Flora Snarrenberg RN
Deborah Stoppelman RN
Evelyn Treadwell

25 Years

Sherrie Veatch

30 Years

Thomas Batz
Rebecca Bean RNC OB
Sharon Horak
Joyce Humenik RN

35 Years

Luella Breckenridge CRCST
Bette Finn RNC
Nancy Parnell
Kirk Ruddell

Travis Vandeway – 2010 Employee of the Year



Island Hospital recognized Pharmacist Travis Vandeway RPh as the 2010

Employee of the Year for his excellent customer service skills and dedication and commitment to high-quality patient care.

Throughout his 17 years at Island, Travis has provided valuable

contributions to many hospital-wide projects including the Meditech upgrade, physician-order entry and the medical oncology implementation. Travis's exceptional interpersonal skills elevate his ability to communicate with physicians, nurses and patients, improving their understanding of how a drug works and any side effects it may have.

Travis lives in Anacortes with his wife Erin and their two children, Faith (17) and Jared (13). In his spare time he likes to camp, cycle, fish and golf.

When asked how it felt to be recognized, Travis said, "I was very surprised and I certainly didn't expect to be chosen. We have a very good staff here at Island Hospital."

Penny Snarrenberg RN – Management Leadership Award 2010

Penny Snarrenberg RN received special commendation at the Employee Recognition Dinner from Vince Oliver, Island Hospital's CEO, not only for her 20 years of dedicated service to IH but as the 2010 recipient of the Management Leadership Award.

Penny serves as Director of Home Health and Employee Health, and has

recently been assigned the task of developing a wound-care program at Island Hospital. She is known for her commitment to Island Hospital, as noted in her nomination, "Penny is one of the hardest working managers at Island."

Penny is passionate about her role as Director of Home Health and is a tireless advocate for her home-bound patients. "I

particularly enjoy the home-health setting for delivery of care – meeting patient needs where it affects their daily lives."

Here at Island, Penny has been instrumental in implementing a flu-vaccination program for employees that has been increasingly successful, achieving an 87% compliance rate in 2010/11

At home in Bow, Penny enjoys garden-

ing, cooking, nature, music and the arts. She is married and has one son.

Penny was surprised and overwhelmed to learn she had won the Management Leadership Award this year, "There are many managers in our organization who are deserving of this recognition; I am truly humbled."



Recollections of 35-year employees

At the February Employee Service Recognition Dinner 15 employees were recognized for 20 or more years at Island Hospital; eight of whom have served 30 years or more. Asked to share some special memories of their years at Island were the four who reached the 35-year milestone in 2010: Luella Breckenridge CRCST, Bette Finn RN, Nancy (Nan) Parnell and Kirk Ruddell.

Luella Breckenridge CRCST • Central Services



Luella Breckenridge remembers fondly some interdepartmental activities that are long forgotten - the Easter bonnet competition and the "Golden Bedpan" award. Each year at Easter, employees would make Easter bonnets on their breaks from whatever supplies they could find and parade around the nurse's station. The Golden Bedpan was an informal award passed along to the charge nurse who had an "incident" during their shift. "One year we had a skunk stop by," Luella recalls with amusement.

Early on Luella worked in housekeeping where, along with cleaning the patient rooms, one of her duties was to wipe the live plant leaves with a mixture of milk and

water to keep them shiny. "Back then the lobby had large plants," she said. "I had to get a ladder to reach some of them."

Bette B. Finn RNC • Thomas P. Brooks MD Birth Center



Bette Finn remembers the day she was hired: "At the time, the Alaska Pipeline was going in on the North Slope," she recalls. "They needed women to work so they could be considered equal opportunity employers. A van came through Anacortes to 'collect' women for this type of work. I was at the front desk of the hospital applying." A man came up to the desk and offered the women double or triple pay to go to Alaska and work. This turned out to be Bette's lucky day as one of the switchboard operators got up and walked out the door.

"In all this hub-bub, I was there," Bette recalls. "I was asked if I could operate the old 'flipper' switchboard. I said yes and sat down. I really didn't know what I was doing. I pretended well and Jeanie Arneson helped me immensely." Bette went home that night and learned all the extensions, employee names and doctor names. "I was given an oral test the next day by Herman Ruddell, the administrator," she said. "I passed and with self-assurance. Later on, I found out the test was a joke."

Nan Parnell • Environmental Services



Nan Parnell remembers, "When I started in Housekeeping in January 1975 we only had about six people in our department." Today, the Environmental Services Department, as it is now called, has 32 employees.

As a new hire, Nan was very shy and could barely look at the patients whose rooms she would clean. "One day," Nan remembers, "I went in to clean a patient room; I greeted the patient and proceeded

cleaning the room." Later Nan discovered that the patient she had been so terrified of was "Resuscitation Annie", a manikin used for CPR training.

Nan outgrew her timidness. She recalls when she was training a new employee on how to adjust the old crank-style beds, she told a trainee, "that there was an 'old crank' in the room. Well, a nurse was in the room and she thought I was talking about her." Nan still sees that now-retired nurse occasionally and they laugh about that day.

Kirk Ruddell • Compliance and Security



Kirk Ruddell remembers the old hospital building in 1962 with the parabolic roof (see photo). "What I miss most is the small, intimate family feel of the old hospital," Kirk recalls. "Back then it didn't take me long to know and call everyone by name.

With the number of employees we have now (currently 663), those days are gone." In 1975, the hospital was 64,810 square feet. Now the hospital is 158,500 square feet and expanding (a new 25,000 square foot Medical Arts Pavilion is scheduled to open in early 2012).

There is one employee who left a very indelible memory with Kirk: Nurse Margaret Cartee RN. "Everyone just called her 'Cartee'.

"With Margaret," he remembers, "what you saw was what you got. She spoke plainly and woe to you if you got on her bad side! However, she was very caring and compassionate with her patients. All of her fellow employees knew she was 'all blow and no show' and under her tough exterior there was a heart of gold."



All four of Island Hospital's 35-year employees share in common their unequivocal affection for the people, past and present, and the familial environment that exists at Island Hospital. As Nan says, "Our hospital staff has grown but we are still like family."

Employees of the Month 2010

January: Diana Noyes	July: Brandon Workman
February: Lisa McDarment	August: Lora Lantz RN
March: Mary Shaddy	September: Grant Lee RT (R)
April: Blair McCallum RRT	October: Irene Villiott LPN
May: Travis Vandeway RPh	November: Evelyn Treadwell
June: Joan Harris RN	December: Tammy Akard RT

IH Employees *Exercise across America*

Last May, the Island Hospital Wellness Committee initiated a year-long *Exercise across America* program encouraging employees to become more active. The idea was to have employees work their way along the I-90 corridor from Anacortes to Boston, MA – a total of 3,213.62 miles – by converting exercise and everyday activities into miles.

The Wellness Committee's goal was to help people become aware of how much activity they were getting each day and to reap the health benefits of regular physical exercise. The American Heart Association recommends that adults get 30 minutes of moderate-to-vigorous activity a day.

A total of 73 Island Hospital employees took the challenge and began running, biking, vacuuming and gardening their way across America. There were three destination "goals": Spokane (352.9 miles), Sioux Falls, SD (1,618.63 miles and the halfway mark), and Boston – the finish!

Participants tracked their progress on a map of the US in the hospital cafeteria. They were given a conversion sheet to help them convert everyday moderate-to-vigorous activities into miles. For example, 10 minutes of chopping wood (vigorous activity) or 15 minutes of gardening (moderate activity) would equal to one mile on the map.

Prizes were awarded throughout the competition:

- The first 24 people to reach Spokane received stainless steel water bottles
- The first male and female to arrive in Sioux City received Omron heart rate monitors
- The first male and female to finish received \$150 gift cards to REI and the next 20 finishers received card/key shoe pouches

The winners of the *Exercise across America* contest were Mark Boyd, Medical Records Supervisor for Fidalgo Medical Associates, and Konnie Kleparek, Cafeteria Hostess (Dietary). For the most part Mark cycled his way across America. His efforts over the past year have inspired him to enter the Seattle-to-Portland bicycle race in July. Konnie earned most of her miles walking around Anacortes. She also went to the gym with her daughter and attended Zumba classes.

Congratulations Mark and Konnie. Your efforts are inspirational!



Exercise across America winners Mark Boyd (left) and Konnie Kleparek were presented their awards by IH Chief Financial Officer Peter Swanson.



Sharon Horak retires

Business Office Manager Sharon Horak (shown here with husband Richard) recently retired after more than 30 years at Island Hospital. Horak's retirement party was very well attended and included current and retired employees who wished her well. "Sharon did a great job keeping up with the ever-changing and ever-challenging patient-billing environment. Her business and leadership skills have helped Island Hospital succeed financially," said Peter Swanson, IH Chief Financial Officer.

Early Detection Saves Lives!

Schedule your mammogram today.

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

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

Appointments available within one week!

360-299-1315



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

Lopez Island Medical Clinic remodels

Lopez Island Medical Clinic recently completed a remodel of its reception area to enhance the patient experience and make the facility more ergonomically sound for the staff. Local contractor Jacob Larson consulted with LIMC staff on the challenges they face with limited space. The remodel opened up a large window to the reception/waiting area that allows two receptionists to assist patients simultaneously. In addition, an area was created so staff could more easily pass charts to providers.

To avoid disrupting patient care, the remodel took place over a single weekend. Work crews arrived Friday after the clinic closed and worked long hours to complete the project by Monday morning when the clinic reopened.

Funding for this project was provided by the Catherine Washburn Memorial Association (CWMA) which owns the land and clinic building. CWMA is a community-supported foundation which provides LIMC with funding and volunteer activities. In addition to the reception-area remodel, the CWMA also has funded major capital improvements and purchased new stretchers and ultrasound equipment for the clinic.



Lopez Island Medical Clinic patient and CWMA Board member Cherill Perera checks in at the newly remodeled registration desk with the assistance of Receptionist Mary Grace Post.

Healthy Eating

by **Suzie Dupuis RD**
Island Hospital Dietitian



Thoroughly Fresh!

Fennel - Cranberry Scalloped Cabbage

A sweet and savory dish. Serve as a side dish with roast turkey or as a main vegetarian dish by substituting firm tofu for the smoked turkey.



- | | |
|--|---|
| 1-1/2 cup cabbage, roughly shredded | 1-1/2 tsp fennel seeds |
| 1 med bulb fennel, chopped | 1 cup low-salt chicken or vegetable broth |
| 3 oz smoked turkey breast, cut in 1/2-inch cubes | 1-1/4 tsp olive oil |
| 1/3 cup dried cranberries | Salt and pepper to taste |

- Preheat oven to 425 degrees
- Place cabbage and fennel in a 9x9-inch baking dish. Sprinkle on turkey, cranberries and fennel seeds. Pour on broth and oil. Add salt and pepper.
- Bake, covered, 30 minutes. Uncover, stir and bake 30 minutes more.

Nutrition Information:

Cals: 121; Protein: 6g; Carb: 17g; Fiber: 3g; Fat: 3.5g

(Serves 4)

Can Speech Therapy Help You or a Loved One?



It can if you suffer from:

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

Speech / Language Pathologists treat all ages to improve a patient's communication, cognitive and swallowing abilities to gain independence and self-confidence.

For information call
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www.islandhospital.org

Heartbeats is printed on recycled paper.

2011 Gala goes for the roses raising \$175,000

With horse racing's most dazzling event lending a sense of excitement and southern charm and traditional red roses highlighting the evening's décor, the Island Hospital Foundation (IHF) Annual Gala of Hope celebrated "The Kentucky Derby" in style. Marking its 8th successful year, the popular community event raised more than \$175,000 to advance Island Hospital's mission to provide high-quality patient care.

Gala guests entered the transformed Port of Anacortes Event Center through stable doors and were greeted with a welcoming mint julep, the evening's signature drink. The paddock opened to an expansive "tent on the green" similar to those which host elaborate race day parties at Churchill Downs. The Derby's signature roses decked dining tables and guests were summoned to a lavish dinner by a trumpet call that traditionally signals post time.

After paying tribute to "My Old Kentucky Home", gala guests engaged in spirited bidding to see who would take home the evening's always exceptional auction items. Odds-on favorites included the "Top Gun" package, featuring a ride in the cockpit of a fighter jet; a tempting chef's dinner for six and, for those who've hankered to live a life of danger in print, the opportunity to be a character in a novel by NY Times best-selling



mystery/thriller writer Stuart Woods.

The IHF expresses appreciation to 2011 Gala Signature sponsors, Jan and Jerry Barto; Gold sponsor, Trident Seafood and two Silver sponsors, Dakota Creek Industries and Lydig Construction.

"Every year Gala sponsors, along with donors, guests and volunteers give their time, effort and resources to make this event a success, and we are grateful for their efforts," said Foundation Development Coordinator Bernadette Molnar. "Without this ongoing support, many hospital programs could not continue to benefit patients and others in our community."

This year's Gala event was co-chaired by

"Heartstrings" a sure bet

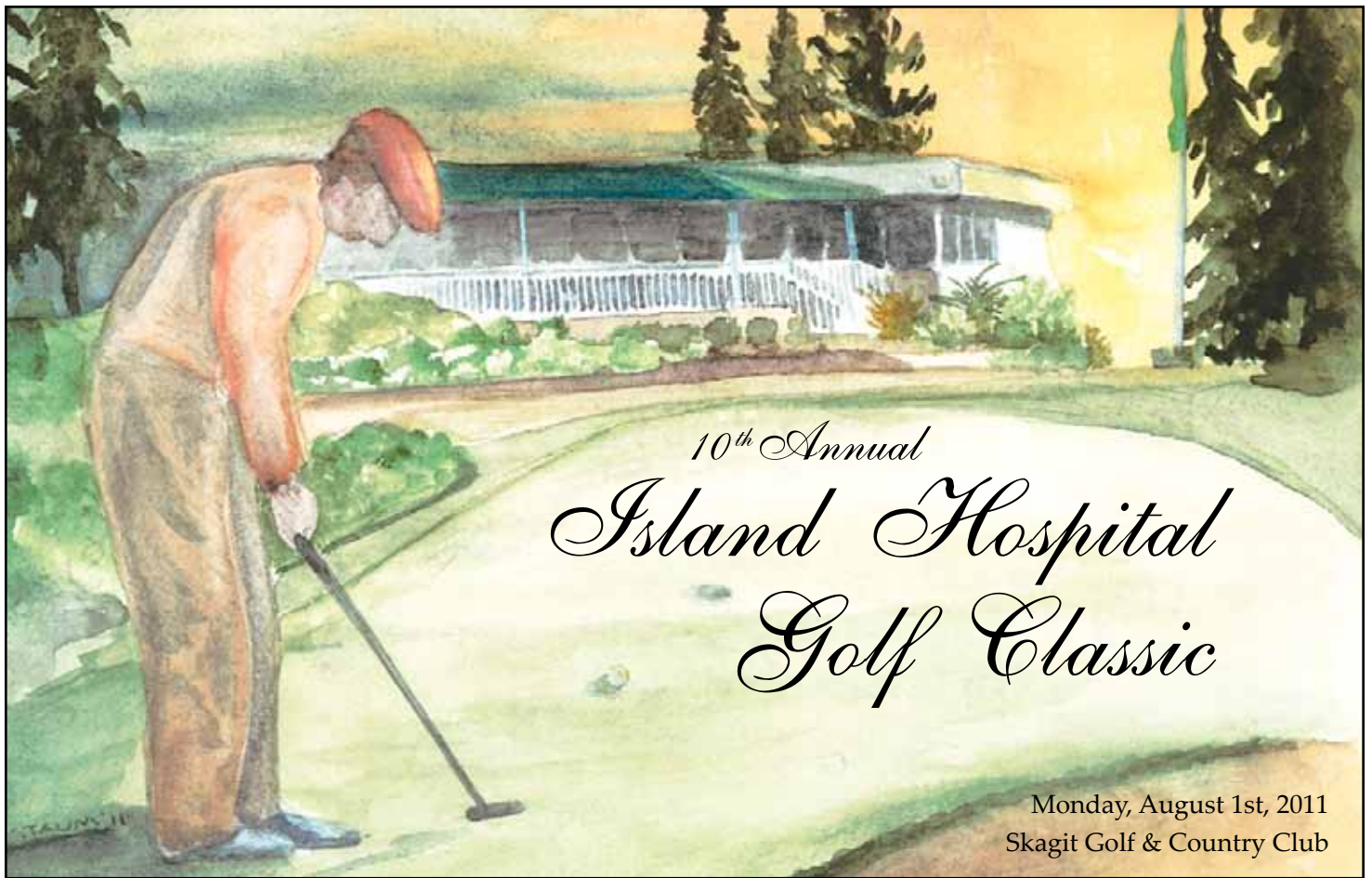
Always a highlight of the annual Gala of Hope is "Heartstrings", a special opportunity for members of our community to help fund new technologies and equipment that advance patient care at Island Hospital.

Following an inspiring presentation by Anesthesiologist Jay Ham MD, Gala guests enthusiastically pledged more than \$50,000 to purchase new monitors for the IH Intensive Care Unit (ICU). This updated equipment will allow medical professionals to better track blood pressure, respiration and other patient vital signs. Older units are not scalable, but the new ICU monitors can support additional modules that register a range of accurate patient information and deliver enhanced care.

Colleen Craig and Cynthia Aanested, who also acknowledged the support of a generous community and thanked their cadre of hard-working volunteers. "These are the people who make it all happen," said Craig of the men and women of the Gala Committee. "It's their creativity and commitment that make this event so successful year after year."

The annual Gala of Hope is the IHF's premier fundraising event. Since 2004, the Gala has generated more than \$1.6 million to support hospital programs and services such as the Medical Relief Grant for Patients in Need and the IH Resource Center, while also funding new equipment and technologies that improve patient care at Island Hospital.





IH Golf Classic marks 10th year

The Island Hospital Golf Classic marks its 10th year this summer so now's the time to mark your calendar and perfect your swing. The popular tournament is limited to 144 players and is nearly always sold out, so plan to register today.

The event – held Monday, Aug. 1 at the beautiful Skagit Golf and Country Club – offers a full day of golf, curbside bag drops, range balls, golf carts, a tasty barbecue lunch

and on-course beverages. Later there's a hosted cocktail hour, awards dinner and a tournament gift for each participant. Registration is at 10:30 a.m., with a shotgun start at noon.

For more 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.

At www.islandhospital.org you can find:

- information on Doctors of most specialties.
- jobs that need to be filled.
- Board of Commissioners meeting schedule and minutes.
- past issues of Heartbeats.
- free and low-cost screenings.
- and, much more!

Visit www.islandhospital.org – updated weekly!



Remembering

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

In Memory of:

William Derek Brine
Marcus & Frances Brown
Dr. Harry Eiesland
Henry Michael
Louie Padovan

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

PO Box 1143
 Anacortes, WA 98221
 Info: (360) 299-4201

YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

Registration: To register for any class, please fill out the printed registration form and mail with a check or money order to Island Hospital - Community Education, 1211 24th St., Anacortes, WA 98221. You can also register online at www.islandhospital.org/register. 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, Aug. 16, 1 – 2 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Registration: Leave a message at 299-4204

Cancer Care Resources

Look Good...Feel Better

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

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

When: 3rd Monday of each month, 1 – 3 p.m.

Where: Guemes Room

Cost: FREE

Registration: 299-4200

Birth and Beyond

Choices in Childbirth

This six-week series covers prenatal nutrition, stages of labor, relaxation, breathing

and other coping techniques. We will also discuss possible complications, variations and interventions that can sometimes occur, including choices to help you experience the best outcome for you and your baby. Breastfeeding and basic newborn care also will be covered.

When: Thursdays, 6 – 8:30 p.m.

July 7 – Aug. 11

Sept. 8 – Oct. 13

Nov. 3 – Dec. 15 (no Nov. 24)

Where: IHRC Conference Rooms 1, 2 & 3

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

Registration: 299-1309

Weekend Childbirth Classes

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

When: Schedule set based on interest

Where: IHRC Conference Rooms 1, 2 & 3

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

Registration: 299-1309

Breastfeeding Matters



Topics include getting started with breastfeeding, its benefits and breastfeeding in the early weeks of postpartum, in special situations and while working. Specific questions are welcome and will be addressed. This class is open to pregnant and postpartum women and their babies.

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

When: Monday, May 16, 5 – 6:30 p.m.

Monday, Aug. 15, 5 – 6:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10 or fee waived for those with DSHS coverage

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC
Registration: Mail in payment or leave a message at 299-4204

NEW Working & Breastfeeding

Planning on returning to work after your baby is born and want to continue to breast-feed? Learn about pumping and storing techniques, maintaining an adequate milk supply and working with your child's caregivers. Babies welcome!

See "Breastfeeding Matters" for instructor's information.

When: Monday, July 18, 5 – 6:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10 or fee waived for those with

DSHS coverage

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC
Registration: Mail in payment or leave a message at 299-4204

NEW Cloth Diapering 101

Curious about modern cloth diapering? Learn about reasons to choose cloth diapers and how to use and care for them. Various diaper styles will be shown with a discussion of the pros and cons of each. Cloth diapering has come a long way and there are many options to choose from these days! Michelle Bottorff is the owner of Green Diaper Demos and loves to share her passion for cloth diapering.

When: Wednesday, June 15, 4 – 5 p.m.

Wednesday, Sept. 14, 4 – 5 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Michelle Bottorff

Registration: Leave a message at 299-4204

Car & Booster Seat Clinic



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

for safety, make sure you are using it correctly and show you how to properly install the seat in your car. No appointments required, please just drop in.

YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

When: Thursday, June 9, 3 – 5 p.m.

Thursday, Aug. 11, 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 588-2083.

Driver's Safety

AARP Driver's Safety Program

During this two-session class intended for those 55 and older, you will refresh your defensive driving techniques, review the rules of the road, learn new traffic laws and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

When: Thursday & Friday, July 28 & 29,

9 a.m. – 1 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

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

Registration: 299-1309

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 588-2074 for more information.

Pulmonary Rehabilitation

Are you unable to do the things you used to do because of shortness of breath and fatigue? Pulmonary Rehabilitation may be the answer. An Exercise Specialist will teach participants exercises that will increase

strength and decrease fatigue. Also, learn about the cardiopulmonary system, medications and nutrition to maximize strength and endurance. This course is Medicare-approved and may be covered by insurance. Please call Pat Meyer RRT at 299-4242 for more information.

Heart-Health Assessments

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

Smoking Cessation

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

Physical Activity

Keep on Dancing!



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

Beverly Swanson has been teaching dance for 35 years and is currently teaching at the Anacortes Dance Center and Studio 1010.

When: Tuesdays, May 24 – June 28,

6:30 – 7:30 p.m.

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

Cost: \$12 per class

Instructor: Beverly Swanson

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

Physical Therapy Programs

Life & Therapy After Joint Replacement Surgery

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

When: Tuesday, June 7, 10:30 a.m. – noon

Wednesday, Aug. 3, 10:30 a.m. – noon

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Island Hospital Physical Therapist

Registration: Leave a message at 299-4204

Urinary Leakage



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help.

Come learn ways to

strengthen your pelvic floor muscles to help prevent urinary leakage.

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

When: Wednesday, June 29, 4:30 – 6 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Amy Harrington, PT

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

Protect Your Back

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

When: Wednesday, July 27, 10:30 a.m. – noon

Wednesday, Sept. 14, 10:30 a.m. – noon

Where: IHRC Conference Room 3

Cost: \$10

Instructor: Island Hospital Physical Therapist

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

YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

Osteoporosis:

Exercise and Nutrition



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

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

When: Thursday, Aug. 11, 9 – 11 a.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Virgeen Stilwill DPT &

Beverly Swanson, Nutrition Educator

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

Self-Care

Relieving Stress with Art

Explore creative ways to reduce your stress level through art therapy in this 6-week class. Discover ways to reduce stress through specific art activities designed to integrate the mind and body. Art therapy can increase self-esteem, create personal meaning and promote growth. No art experience needed! Art supplies will be provided.

Sheila Simpson-Creps has an MA in Psychology and Art Therapy, an MFA in painting and is a Licensed Mental Health Counselor Associate.

When: Wednesdays, May 25 – June 29,
12:30 – 2 p.m.

Where: IHRC Conference Rooms 1 & 2

Cost: \$90

Instructor: Sheila Simpson-Creps MA,
LMHCA, MFA

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

Natural Cleaning Products

Learn to make an effective, great-smelling cleaner using naturally-disinfecting essential oils and pure, toxin-free ingredients such as vinegar and baking soda!

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

When: Tuesday, June 14, 6 – 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20, includes supplies

Instructor: Michelle Mahler

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

Improving Your Aging Memory



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

and keep your mind sharp.

When: Tuesday, June 21, 10:30 a.m. - noon

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Alisha Kleindel,

Speech-Language Pathologist

Registration: Leave a message at 299-4204

Meditation for Everyday Living



Meditation has been clinically proven to reduce stress, blood pressure, 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: Tuesdays, July 12 – 26, 6:30 – 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$35

Instructor: Jan Hodgman MA

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

Basic Nutrition



Knowing the basics of good nutrition can help you get the nourishment you need. In this class, you will learn how vitamins and minerals help your body function, why our bodies need soluble and insoluble fiber, how our bodies process fat, the importance of hydration and more! Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Wednesday, July 20, 7 – 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$15

Instructor: Beverly Swanson

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

Creating Habits of Health – The Power of Choice



Engage your power of motivation and choose to lose weight, improve your health, or create success in any area of your life. Identify what matters most and develop new *habits of choice*,

creating a path that leads to real and lasting change. Complements *Creating Habits of Health – Weight Loss and Beyond*, but can stand alone.

When: Tuesday, Aug. 23, 6 – 8:30 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Veronica Spencer RN, Health Coach

Registration: Leave a message at 299-4204

Creating Habits of Health – Weight Loss and Beyond

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

When: Wednesday, Aug. 24, 6 – 8:30 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Veronica Spencer RN, Health Coach

Registration: Leave a message at 299-4204

Stress Relief with Aromatherapy

Learn to use essential oils in your daily life to help ease stress and tension. Relaxation methods that include aromatherapy sprays and massage oils will be covered. Make your own to take home!

See “Natural Cleaning Products” for instructor's information.

When: Monday, Sept. 19, 6 – 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20

Instructor: Michelle Mahler

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

YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

Special Events

Arthritis: What is it?

What can you do about it?



Join Rheumatologist Kevin Welk MD of Skagit Regional Clinics in Mount Vernon to learn all about arthritis. Dr. Welk will discuss different types of arthritis including osteoarthritis, rheumatoid arthritis, gout and other types of inflammatory arthritis. Treatment options and appropriate exercises also will be presented.

When: Wednesday, June 22, 7 – 8 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Kevin Welk MD

Registration: 299-4204

Weight Management

Overweight?

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

Other Resources

HIV/AIDS Training for Licensure

Island Hospital offers a video based 4- or 7-hour HIV/AIDS Training. Free for residents of Skagit, Island and San Juan counties. Please call 299-1309 for schedule.

Island Prenatal Care Center

Provides Maternity Support Services to low-income families, bringing the knowledge and skills of a nurse practitioner, registered nurse, social worker, infant case manager and dietician to meet the unique needs of each mother and baby. Education about pregnancy, childbirth, diet, exercise, baby care and infant feeding is included. Assistance with accessing community services also is 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

Registration Form

General Information

Payment:

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

Cancelled Classes:

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

Refunds:

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

For more information: Please call (360) 299-1309.

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

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

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

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

Need free help understanding Medicare or finding affordable health insurance? All of this and more is available at Island Hospital's SHIBA HelpLine. Volunteers trained by the Office of the Insurance Commissioner are available to give free, unbiased information. SHIBA helps people of all ages with choices and problems involving: Medicare, COBRA, long-term-care insurance, private and non-profit health insurance, children's health insurance and "extra help" programs. Please call the SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine at 299-4212 for an appointment.

Anacortes Teen Clinic

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

National Alliance on Mental Illness – Courses

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

YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

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

Call for dates and times
IHRC Conference Room 3
Contact: Alisha, 299-1328

Other Anacortes Support Groups

Alzheimer's

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

Grief

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

Hearing Loss of Skagit County

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

Skagit County Support Groups

Loss of a Child

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

Sjögren's Syndrome

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

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

HEALTH SCREENINGS

Sponsored by Island Hospital Foundation

Ongoing Blood Pressure Checks

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

Island Health Resource Center - every Wednesday, 9 a.m. – noon

Anacortes Senior Activity Center - last Tuesday of the month, 9 – 10:30 a.m.

La Conner Medical Center - 1st and 3rd Thursdays of the month, 9 – 11 a.m.

Memory Awareness Screening

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

When: Tuesday, July 19, 9 – 11 a.m.

Tuesday, Sept. 20, 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, triglyceride and glu-

cose 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 12, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10

Questions: 299-1309

Balance 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, Aug. 9, 10 a.m. - noon

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

Cost: FREE

Appointments: Leave message at 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, Sept. 13, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 299-1367

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

Please give blood at Island Hospital

Tuesday, July 5 • 10 a.m. - 4 p.m.

Wednesday, July 6 • 10 a.m. - 4 p.m.

Island Health Resource Center Conference Rooms

Reservations preferred, but not required.

Call 299-1309 for an appointment or info.

Girl Scouts recognize Emergency Department

Girl Scout Brownie Troop 42282 presented a Gift of Caring in the form of Girl Scout Cookies to the doctors and nurses of the Island Hospital Emergency Department. "Our girls wanted to honor the emergency staff for being our hometown heroes," said Troop Leaders Susan Garner and Kati Noar. The girls were given a tour by ED Medical Director Robert Rookstool MD and Soni Tobey RN.



Cancer Survivor Celebration planned



A Cancer Survivor Celebration and Education Event of Skagit County will be held May 22, from 1 - 3 p.m. at the Best Western Cotton Tree Inn in Mount Vernon. Speakers will cover health-related topics including nutrition. There will also be appetizers and giveaways for participants. Registration is required and can be made by calling (425) 741-8949 or emailing SkagitSurvivors@cancer.org. Registrants must provide their name, phone number, address, cancer diagnosis, diagnosis date and insurance information as well as the name, address and phone number of any guest.



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SLEEP WELLNESS CENTER**

Millions of people suffer each year without ever knowing the true cause of their problems -
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- Insomnia
- Restless legs syndrome
- Narcolepsy

We now have CPAP machines and supplies onsite!

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360.299.8676

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