



ISLAND HOSPITAL Winter 2010

Heartbeats

Magazine

Services at Island Hospital that can help you

BREATHE BETTER!



MedGraphics[®]
Elite Series[®] Plethysmograph

INSIDE

Foundation Annual Report

Keep Your Heart in Shape!

IH Auxiliary: **Small group does BIG things**

When it comes to fundraising and other initiatives to benefit Island Hospital, the IH Auxiliary continues to do a lot of good. This small group of women does big things for Island Hospital.

The Auxiliary stresses the “fun” in fundraising. The group’s upcoming events are prime examples: The Annual Valentine’s Day Candy-gram fundraiser on Feb. 12 and the Easter Basket sale April 1. They will make money to support patients and program; and they will spread laughter and cheer throughout Island Hospital.

Autumn is a busy time for the group as the Auxiliary holds their Annual Penny Drive in October to benefit Lifeline. Next comes the mini-Christmas Tree sale, a well-known tradition in the community, and to top it off, the Holiday Bake Sale satisfies the sweet tooth with homemade treats. Funds raised from these events allow the Auxiliary to purchase needed items for Island Hospital.

Over the years, proceeds from these fundraisers have allowed the Auxiliary to fund a wide range of medical equipment, including a crash cart for the Birth Center and specially designed scales for the Cancer Care Center and Cardiac Rehabilitation. The Auxiliary also contributed \$10,000 to the Island Hospital Foundation’s Capital Campaign.

One of the Auxiliary’s ongoing programs is to support subscriptions to Lifeline for those seniors who cannot afford it. This allows those people to live independently in their homes with the knowledge that



Auxilian Shirley Smith is framed by some of the 24-inch decorated Christmas trees at the annual sale by the IH Auxiliary.

help is just a click away.

But it is not all about fundraising, according to Shirley Smith, a member of the Auxiliary’s five-member Executive Board. “I think the little things we do mean a great deal to patients and their families. If a patient is in the hospital over a holiday, they will find a special holiday memento on their meal tray, which brings a smile to their face at a difficult time.”

The Auxiliary is a small group of women who do big things for Island Hospital and they welcome new members. For more information on the Auxiliary, please call 299-4201.

Stay concerned about the flu!

While it is no longer a major news item, Island Hospital urges everyone to remain vigilant when it comes to preventing influenza.

Island Hospital continues to work with local agencies, healthcare providers and Skagit County Public Health to prevent the spread of seasonal and H1N1 flu in our county. To receive vaccine, contact your healthcare provider or call the Island Hospital Flu Hotline, 299-4244 or more info.

What are flu symptoms?

The symptoms of H1N1 flu are similar to the symptoms of seasonal flu. They include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with swine H1N1 flu also have reported diarrhea and vomiting.

Who is at higher risk?

In seasonal flu, those considered at higher risk for serious complications include people 65 and over, children under five, pregnant women, and those with certain medical conditions, such as diabetes, heart

disease, asthma and kidney disease.

For H1N1 flu, one major difference is that people over 64 do not appear to be in the higher-risk group. CDC studies have shown that about one-third of adults 60 and over may have antibodies against this disease.

Precautions are vital

For all flu viruses, take everyday preventive actions:

- Cover your nose and mouth with a tissue when you cough or sneeze to keep from spreading flu viruses to others. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people.

What if you are sick?

The CDC recommends those who are sick with flu-like symptoms stay home for at least 24 hours after their fever is gone, except to get medical care or for other necessities. While sick, limit contact with others to keep from infecting them.

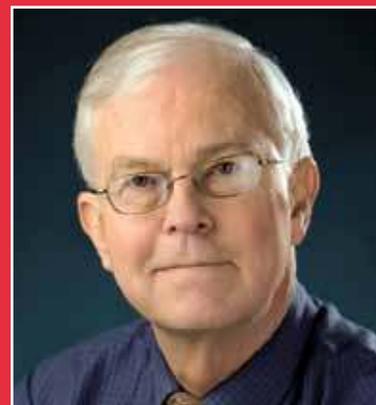
For vaccination, other info

Misinformation can be worse than no information at all. Check with your health-

care provider or these trusted sources:

- Island Hospital Flu Information Hotline - call 299-4244 for updated information
- Flu.gov - a one-stop resource for U.S. government flu information
- www.cdc.gov/h1n1 - volumes of information, continually updated
- www.skagitcounty.net/health - for info from our county health department

**Congratulations &
Thank You for
30 Years of Care!**



Dr. Oliver Stalsbrotten
Anacortes Family Medicine

As I See It...

By **Vince Oliver**
Chief Executive Officer
Island Hospital



provide inpatient and outpatient care. We also believe that this will be more convenient for our patients.

Since opening in 2000, our Cancer Care Center has been well received by the community and, after several remodels of its current location in the Island Hospital Medical Office Building on M Avenue – remains in need of space. Patient visits since 2000 have tripled to almost 4,000 per year, and are expected to rise with our community's need for oncology services.

The new facility will be designed to 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.

For Wound Care, we anticipate 3,000 square feet to allow for treatment space and a hyperbaric chamber. The need for this service has been expressed by several of our physicians who have sent patients out of the community to receive this advanced level of care. The demand for this will continue to grow as our population ages.

We are very excited about this project and will have more details in upcoming issues of *Heartbeats*.

The Island Hospital Foundation – which has its annual report of 2009 in this issue – has committed to help raise some of the funds for the new Medical Arts Pavilion.

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

More than a year ago, we announced our plans to locate a medical-office building on the southwest corner of the Island Hospital campus. Unfortunately, a series of complications with lease agreements and other issues forced us to rethink the project.

The IH2020 task force – established in 2008 to strategically plan our campus – stepped back to review community and physician needs; ultimately redirecting our focus. Last fall, Island Hospital engaged physicians, department managers and community members for input and by year's end, the project was transformed from physician-office space to a Medical Arts Pavilion – housing hospital services – on the east campus close to the Emergency Room.

The new building will house Island Hospital Physical Therapy & Rehabilitation (IHPTR), an expanded Cancer Care Center, an upgraded Pain Management Program, and a new Wound Care Center. In addition, it will provide space for new services in the future.

This project brings IHPTR back to our campus from its current quarters in the Seafarer's Building, greatly improving the efficiency of therapists who

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

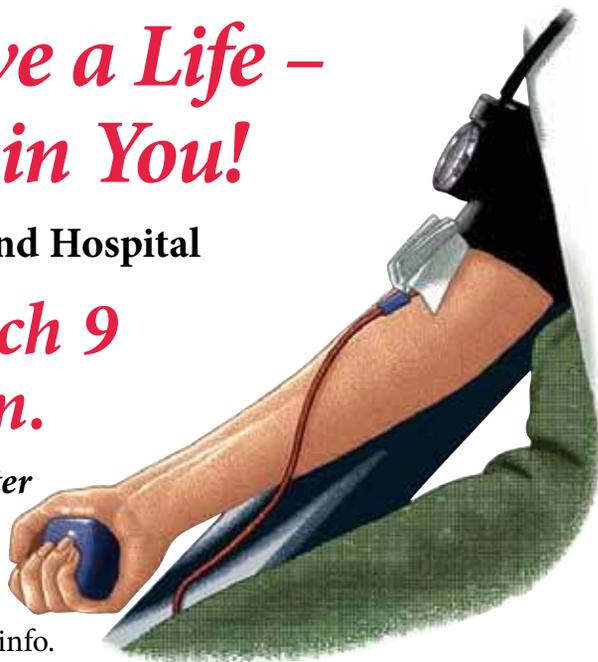
Please give blood at Island Hospital

Tuesday, March 9
11 a.m. - 5 p.m.

**Island Health Resource Center
Conference Rooms**

Reservations preferred,
but not required.

Call 299-1309 for reservations or info.



Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

COMMISSIONERS

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

POSITION 1

Jan Iversen

POSITION 2

C.W. "Buzz" Ely MD

POSITION 3

Paul Maughan PhD

POSITION 4

Laurie M. Gere

POSITION 5

A.J. "Chip" Bogosian MD
(President)

Heartbeats

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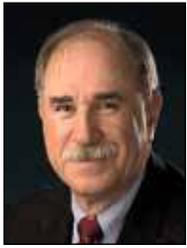
WRITER

Dee Oliver

Island Hospital's Promise

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

A.J. "Chip" Bogosian MD elected Board President



AJ. "Chip" Bogosian MD has been elected President of the Board of Commissioners for Skagit County Public Hospital District No. 2 (Island Hospital). He was elected to the Board in the November 2007 general election.

"I am humbled and excited to lead this exceptional Board of Commissioners," Bogosian said. "There are many challenges and important decisions in the year ahead and I feel very confident that we have the best people in place to accomplish our goals."

The new Board President is very enthusiastic about the quality of care provided here, noting that Island Hospital was "a determining factor in my decision to retire to Guemes. Our quality of care is nothing short of fantastic."

Bogosian received his MD from the University of Arizona in 1973. He completed his Surgery internship through the Tucson Hospitals Medical Education Program, his

Surgery residency at the University of Washington and his Anesthesia residency (with a Senior Student Fellowship) at Harvard University. In 1977-1978 he was a Fellow in Regional Anesthesia at Virginia Mason Medical Center.

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

Voted as one of Seattle's Top Doctors in 2004, Bogosian retired in 2005, after 26 years at Swedish. He is former Associate Clinical Professor of Anesthesia at UW and currently serves as Senior Medical Examiner for the Federal Aviation Administration. Bogosian is also Parental Advisor to Camp Good Times, a camp for pediatric cancer patients, sponsored by the American Cancer Society.

Our CASE for quality

by **Chip Bogosian MD**
President
Island Hospital Board of Commissioners

"You're only as good as your last race" is the auspicious motto of all successful NASCAR and Formula One racing teams. In medicine our philosophy should be, "You're only as good as your last CASE."

Ongoing awareness of what we do and how we do it is crucial if Island Hospital is to remain in the forefront of high-quality patient care. And as human biology is a complex and dynamic field that evolves rapidly, attention to detail and assessment must be constant and relentless. That means our hospital must remain committed to bringing the latest standards of care to our patients, while always seeking to perfect current treatment strategies.

We measure our standards against those of our peers. In a previous column, I referred to the study of IH infection rates after total joint replacement. I'm pleased to report our rates ranked better than the accepted national norms, and we were one case away from a perfect record. Our reliable therapeutic methods and ability to gain access for our patients to the latest and most promising clinical trials consistently lead to better outcomes.

Another example of IH efforts to advance and improve patient care is our Cancer Care Center. We recently looked at survival rates of our stage-3 colon-cancer patients and found they ranked higher than the National Cancer Data Base Benchmark Report Comparison.

Congratulations to our dedicated Cancer Care team! At Island Hospital we strive not only to be as good as our last CASE, but better for our next one!

Reserve, Guard Honors



Director of Surgery Bojan Kuure RN (left) and Chief Executive Officer Vince Oliver (right) receive awards from John Giarde, Ombudsman for the ESGR (Employer Support of the Guard and Reserve) program, for outstanding support of Island Hospital employees serving in military Reserve and National Guard.



**Heartbeats is
printed on recycled
paper. Please
remember to reduce,
reuse and recycle.**

For Your Healthier Heart

Island Hospital offers a number of services to help our community members achieve and maintain cardiac health

For more programs and health-related events, please see the listings beginning on page 14.

Blood-Pressure Checks

Info: (360) 299-1309

Island Hospital offers free blood-pressure checks on a first-come, first-served basis at various locations in our community.

Island Health Resource Center at Island Hospital

1211 24th St., Anacortes
Each Wednesday
9 a.m. to noon

La Conner Medical Center

528 Myrtle St., La Conner
1st & 3rd Thursdays of each month
9 to 11 a.m.

Anacortes Senior Activity Center

1701 22nd St., Anacortes
Last Tuesday of each month
9 to 10:30 a.m.

Washington State Ferry

From Anacortes Terminal
8:50 a.m. sailing to & from Friday Harbor

Cholesterol & Glucose Screening Events

Info: (360) 299-1309

Island Hospital offers this blood test for total cholesterol, HDL, LDL, triglycerides and glucose levels – which can be indicators of cardiovascular disease or diabetic tendencies. Results are mailed to participants, usually within one week. The Island Hospital Foundation generously underwrites the IH Monthly Screening Program to keep the costs for these tests at a fraction of the normal charge. These screenings are held every quarter, with the next one listed here:

Cholesterol & Glucose Screening

Island Health Resource Center
No appointment required, First come, first served.
12-hour fast is required with water and needed medications only



Island Hospital Volunteer Elaine Oliphant performs scheduled blood-pressure checks at the Island Health Resource Center, La Conner Medical Center, Anacortes Senior Activities Center and on the San Juan Islands Washington State Ferry.

Tuesday, April 13, 8 - 11 a.m.
Cost is \$10

Healthy-Heart Assessments

Info: (360) 299-4242

The Heart-Health Assessment is a low-cost way to gain vital information to help you maximize your health. Your Heart Health can be assessed in about 30 minutes with:

- a one-on-one meeting with the Cardiac Rehab Registered Nurse
- cholesterol, triglycerides, glucose blood test
- a 10-year risk-assessment projection
- a 12-lead EKG test, read and interpreted by a Cardiologist
- heart-health education

Cost: \$49

The results of your assessment are forwarded to your primary-care provider for continuity of care.

No physician referral is required. Call for an appointment.

Cardiac Rehabilitation

Info: (360) 299-4242

Cardiac Rehab is a medically supervised, individualized and comprehensive outpatient program for patients who have had:

- heart attack
- stent placement
- balloon angioplasty
- bypass surgery
- valve surgery
- angina

The goal of Cardiac Rehab is to stabilize, slow or even reverse the progression of cardiovascular disease, helping to reduce the risk of heart disease, another cardiac event, or death. This is accomplished through a program of safe exercise and education.

Patients work directly with a team comprising a Registered Nurse and Exercise Specialist. Aided by telemetry, the team monitors the patient's vital signs and heart rhythm while developing an individualized exercise plan. As the patient implements the plan, telemetry is used during workouts to ensure safety.

The team also provides each patient with education about their disease and how to cope with its physical and emotional effects. Anatomy and physiology are discussed as patients learn about nutrition, medications, lab-test results, safe exercise and how to maintain a healthy lifestyle.

Smoking Cessation

Info: (360) 299-4242

In comfortable, non-judgmental weekly sessions, our Respiratory Therapist helps you learn to take control of your addiction so that you will look, feel and even smell better – while saving thousands of dollars each year.

If you are interest in this program, please call to set up an appointment.

Why is Blood Pressure so Important?

by Andrew G. Alexander MD

Let's make the answer easy to understand: Start with the heart. Despite what the romance novelists tell us, the heart is just a pump made out of muscle. Like any muscle, it will get bigger if we take it to the gym and make it lift heavy weights. As a muscle grows, whether it's the biceps muscle of the Governor of California or the heart muscle of an Anacortes resident, it will require more oxygen. Oxygen arrives by way of the heart's arteries. These arteries tend to block up with advancing years, whether or not the heart might be enlarging due to sustained "weight lifting." There will be a time when the oxygen needs of the heart muscle exceed the arriving oxygen. It is unfortunate, but there will rarely be a warning until after irreversible damage has been done to the heart muscle.

A blood pressure reading tells us how forceful the heart must pump in order to expel blood from inside the heart out into the bloodstream. Pressures in excess of 140 (systolic) will cause heart enlargement in any person of any age. In diabetics and patients with certain heart problems, pressures over 125 are enough to cause problems. As physicians, we try to keep even the healthiest of our patients under 135.

We all know there are two blood pressure numbers. The top number (systolic pressure) represents the pressure the heart develops during its flexing phase. The bottom number (diastolic pressure) is the pressure left over directly outside of the heart after a full pumping cycle has occurred and the heart is just about to pump again. No blood can leave the heart until this number is exceeded by a contraction of the heart muscle. Blood, like water seeking level, will flow from areas of high pressure to low pressure.

Blood pressure is important. Keep the heart muscle from being overworked, and your pump will provide you with years of faithful service. It's as easy as 130/80.

Andrew Alexander MD, Family Practice, is Medical Director for Anacortes Family Medicine, 2511 M Ave., 299-4211.



Dr. Lee joins Northwest Urology

The Northwest Urology Clinic recently welcomed Lawrence M. Lee MD to its practice.

Dr. Lee earned his undergraduate and medical degrees at the University of British Columbia in Vancouver, BC and served his internship at Royal Jubilee Hospital in Victoria, BC.

He also completed Urology and General Surgery residencies at the University of British Columbia and was a clinical fellow and visit-



ing lecturer in Urology at the UCLA Medical Center in Los Angeles, CA.

In addition to his clinical practice, Dr. Lee held several positions at the University of British Columbia as a clinical instructor, clinical assistant professor and clinical associate professor of Urology. He also has served as a consultant at University Hospital, Shaughnessy Site, BC; the British Columbia Cancer Agency; the G.F. Strong Rehabilitation Centre; and the George Pearson Centre.

Prior to joining Northwest Urology, Dr. Lee was with the Department of Urology Division of Surgery at Wenatchee Valley Clinic, Wenatchee, WA. He has been involved

in clinical research for many years and has been published in regional, national and international medical journals and publications.

Dr. Lee was named a fellow of the Royal College of Surgeons (Canada) and Diplomate of the American Board of Urology. He is licensed to practice medicine in Oregon and Washington and is a member of the American and Northwest Urological Associations.

Dr. Lee is a member of the British Columbia Medical Association, where he held several leadership offices, including executive board member, and is also a member of the Canadian, American and Washington State Medical Associations.

Northwest Urology Clinic is located at 1213 24th St., Anacortes. For information and appointments, call (360) 293-2173.

Linda Seger RN chairs Emergency Nurses committee

Linda Seger RN, CEN, Emergency Preparedness Coordinator at Island Hospital, has been appointed chair of the Emergency Management and Preparedness Committee of the Emergency Nurses Association, by the ENA President.

The five-member panel reviews proposals for emergency-preparedness protocols, promotes education, builds awareness of the issue, and supports outreach initiatives to organizations with similar goals, such as the American College of Emergency Physicians.

President of the ENA Washington State Chapter, Linda has worked 18 years at Island Hospital where she is a staff Nurse in the Emergency Department.

Linda earned Associate Degrees in Nursing and Business from



Columbia Basin College, in Pasco, WA. She acknowledges that her interest in emergency preparedness stems from her father. "He was with the USAF Disaster Service," Linda explained. "I've lived with these issues my whole life and they clearly have shaped my career path."

Linda also is chair of the Region 1 Hospital Emergency Preparedness Committee under the jurisdiction of the Washington State Department of Health and the Washington State Hospital Association. The committee has long been involved in promoting collaboration and cooperation among the 11 hospitals in Region 1.

"Should a major disaster, a pandemic or another emergency situation occur," Linda said. "It makes sense to have these regional links in place to facilitate the exchange of resources and personnel."



"Mo" Flath RN retires after 36 years

Modesta "Mo" Flath RN retired in November after 36 years at Island Hospital. Mo started as a Certified Nurse Aide (CNA) in the Birth Center where she worked while getting her Nursing degree, which she earned in 1978.

During her time at Island, Mo worked in the addiction-rehabilitation unit (since closed) transferred to the Emergency Department, returned to the Birth Center and finished out her career in Acute Care.

"Nurses June Bullock and Sarah Tobien encouraged me to become an RN," Mo noted.

"It was difficult because all I did for those years was work, school, eat and sleep."

She actually started working at Island in 1968, but left for another job; returning permanently in 1973.

"I liked working with all the nice people at Island Hospital and enjoyed being able to help patients," Mo said.

"We're going to miss Mo and her wonderful manner and true compassion for each and every one of her patients," said Lois Pate RN, Island Hospital Director of Nursing.

A stumbling block for Mo – as it is for many – was the onset of computer technology. Or, as Mo puts it "the computer bit me. But I was able to figure it out."

Susan Hill ARNP joins Island Internal



Susan Hill ARNP joined the health-care team at Island Internal Medicine and La Conner Medical Center in October. After practicing in Friday Harbor for more

than 25 years, Susan and her husband Don moved “off the rock” to Anacortes last June. She is excited about joining the practice and loves life in Anacortes. An island girl at heart, Susan was born and raised in Hawaii. She notes, “I’ve lived on an island all but 10 years

of my life; but I am delighted there is a bridge to Fidalgo Island!”

“As a Nurse Practitioner, I find it really makes a difference to listen carefully. I enjoy helping people understand how their body works, the effect of medications and what they can do to improve their health and avoid illness.”

Susan completed her Masters in Nursing from the University of Washington in 1981 and is Board Certified as a Family Nurse Practitioner. She established San Juan Healthcare Associates in Friday Harbor and brings a wealth of medical and practical

knowledge to her practice here at Island Internal Medicine.

She enjoys working with people of all ages, providing acute illness care, chronic-diseases management, women’s healthcare and general health guidance.

“I am committed to healthy living and try to practice what I prescribe. So you might see me at the pool, walking to work or riding my bike around town. Most of all, I like to encourage my patients choose to live a healthier lifestyle.”

The eyes have it

Advanced technology means earlier treatment of vision problems

Island Eye Physicians & Surgeons have been providing area patients with state-of-the-art imaging technology that can help preserve, and in some cases, restore vision.

Optical Coherence Tomography (OCT) is a powerful diagnostic tool that allows specialists to scan the internal structure of the eye to identify abnormalities and disease. Early diagnosis of eye problems leads to prompt treatment and better outcomes for patients, according to Island Eye Ophthalmologist Kenneth R. Ellis MD.

“OCT technology produces highly detailed images of the retina, the innermost layer of the eye’s interior”, says Dr. Ellis. “That allows us to do more than ever to identify problems and devise treatment that protects our patient’s vision.”

Similar to MRI imaging of internal organs, OCT is used to rapidly scan the eye to detect such conditions as glaucoma, diabetic eye disease, age-related macular degeneration, optic nerve damage and more.

Considered to be the most significant diagnostic breakthrough in eye care in more than a decade, the technology advances patient care on many levels. OCT allows eye specialists to perform an “optical biopsy” of the retina in real time, in a procedure that doesn’t call for removal of tissue and doesn’t require the eye to be touched.

For patients, the procedure is fast and non-invasive. And because the technology uses only light to scan the eye, it is safer than previous imaging methods.

The latest version of OCT has been available at Island Eye for more than a year and during that time thousands of patients of all ages have benefited from new access to the technology.

Because many vision conditions, such as macular degeneration, are age-related, Island Eye sees a large number of older patients.

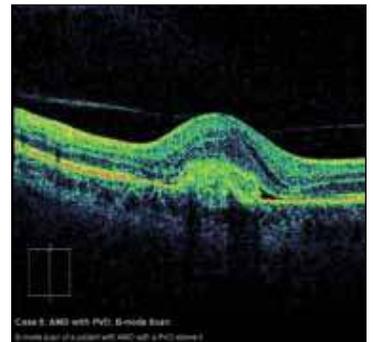
“Anacortes has a growing senior population,” says Dr. Ellis. “In the past, these patients would have had to travel to Seattle for OCT diagnostic procedures and treatment options. Now they can receive the



Dr. Kenneth Ellis tests a patient using Optical Coherence Tomography

comprehensive vision care they need right here in their own community.”

Island Eye’s team of Board-Certified Ophthalmologists and other vision care professionals deliver a full range of diagnostic, medical, surgical and optical services to meet patient needs. The clinic is located at 1213 24th St., Anacortes. To contact Island Eye Physicians & Surgeons, call (360) 293-2020, or visit www.islandeyephysicians.com.



OCT technology rapidly scans to detect abnormalities without ever touching the patient’s eye.

RESPIRATORY CARE AT ISLAND HOSPITAL

BREATHE BETTER!

Round-the-clock Respiratory Services

For most of us breathing is not something we think about. It's inhale and exhale, all day every day. But for some, taking a breath is not so easy.



That's why comprehensive Respiratory Services are always available at Island Hospital – whether the patient's a premature infant with underdeveloped lungs, a heart attack or stroke victim with life-threatening symptoms or a senior who lives with asthma or emphysema.

"We're here 24/7, 365 days a year for patients," says IH Respiratory Services Director Bruce Cox MA, RRT-NPS. "We know that quick access to evaluation and treatment of heart- and lung-related problems is critical to good outcomes. And because a patient's conditions can change quickly, we're always ready to make adjustments in treatment when necessary."

The respiratory services team is responsible for delivering medications that relieve shortness or breath, decrease inflammation and ease other symptoms. They initiate and monitor life-support systems, perform electrocardiograms (ECG) and tailor care plans that meet individual patient needs.

Respiratory Services also is a key member of the hospital's rapid response team that's deployed if a patient goes into cardiopulmonary arrest or has other life-threaten-

ing symptoms. Usually consisting of a Charge Nurse, a Respiratory Therapist and an ICU (Intensive Care Unit) Registered Nurse – the team also evaluates individuals who exhibit varying levels of respiratory distress.

"At times we're called in by a doctor or another healthcare professional who is acting on a gut-level feeling about a patient's condition," explains Cox. "When we're needed, we're there, ready to evaluate, treat and monitor."

All 14 members of IH Respiratory Services Department are credentialed through the Washington State Department of Health and are certified or registered Respiratory Care Practitioners. Each is required to regularly complete additional continuing education to maintain licensure.

In addition to outpatient services that deal largely with pulmonary function and other diagnostic testing, Respiratory Services professionals provide a range of patient and family education.

According to Cox, this is a crucial part of total patient care to promote recovery and keep patients healthier, longer.

"When our patients are discharged, we want to know we've done everything possible to help them live satisfying, active lives," he says. "We want the pleasure of seeing them out in the community and not in the hospital."

For more information call (360) 299-1363.

Dr. Kendregan manages Pulmonary Function Lab



Brian A. Kendregan MD, Internal Medicine/Pulmonology, serves as Director of the Island Hospital's Respiratory Services Department Pulmonary Function Lab after nearly

a decade in private medical practice in Gresham, OR. Dr. Kendregan's primary practice is at Skagit Valley Medical Center, a multi-physician clinic in Mount Vernon, and he holds office hours in Anacortes every other Wednesday.

After receiving a BA degree from Reed College in Portland, OR and an MD from the University Of Southern California School Of Medicine, Los Angeles, CA, Dr. Kendregan completed an internship at Southern California Medical Center, along with a residency and a term as chief resident in Internal Medicine.

He completed a fellowship in Pulmonary Medicine at City of Hope National Medical Center in Duarte, CA. where he served as a staff physician and director of the Intensive Care Unit. Dr. Kendregan also served as chief of staff at Woodland Park Hospital in Portland, OR.

Licensed to practice medicine in California, Oregon and Washington, Dr. Kendregan is certified by the American Board of Internal Medicine and the American Board of Internal Medicine Pulmonary. He is a member of the American College of Chest Physicians, the American and Oregon Thoracic Societies and the Oregon Medical Association.

Prior to establishing a private practice in Gresham, Dr. Kendregan practiced with the Lung Associates of Portland in Portland, OR.

To contact Dr. Kendregan call (360) 299-0308.

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ISLAND HOSPITAL

RESPIRATORY CARE AT ISLAND HOSPITAL

Gold standard pulmonary-function testing – inside the box

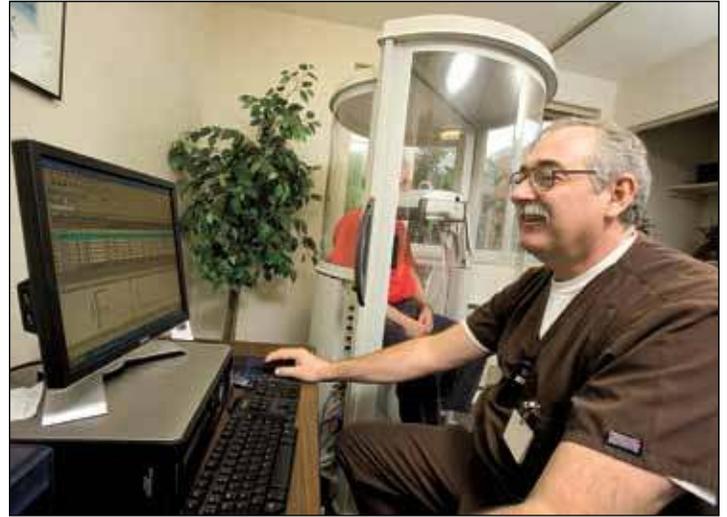
A first step toward accurate diagnosis and treatment of pulmonary medical conditions is an assessment of how a patient's lungs are actually working. At Island Hospital that battery of tests is conducted in the Pulmonary Function Laboratory under the direction of Dr. Brian Kendregan MD and a staff of skilled, experienced respiratory practitioners.

Some testing is performed within the lab's "body plethysmography box", a clear Plexiglas chamber about the size of a phone booth. The box is designed to gauge a patient's lung volume and other measurements such as diffusion capacity, airways resistance, airways hypersensitivity and maximum-ventilation capacity.

Testing can be completed in as little as 30 minutes or run up to an hour and a half depending on orders of the attending physician. Dr. Kendregan, a Board-Certified Pulmonologist, oversees the process to ensure accuracy and interprets all results.

"This technology is the gold standard for pulmonary function testing," says Dr. Kendregan. "It gives us an accurate picture of a patient's condition and allows us to devise an individualized treatment program."

Hundreds of patients from Anacortes and surrounding communities have undergone pulmonary function testing in the IH lab



Respiratory Therapist Blair McCallum RRT performs a pulmonary function test (PFT) on a patient utilizing the body plethysmography box.

since the service was established three years ago. For more information call (360) 299-1363.

Pulmonary Rehabilitation can help

Pulmonary Rehab is designed for people at risk of developing lung disease and patients with chronic respiratory diseases such as COPD, bronchial asthma, neuromuscular disease, restrictive disorders, chronic bronchitis and emphysema.



Helping patients to better manage their lung conditions and lead a more active and enjoyable life, Pulmonary Rehab has clearly demonstrated a reduction in dyspnoea (shortness of breath) and increase in exercise performance.

The Pulmonary Rehab team comprises a Registered Nurse, Respiratory Therapist, Exercise Specialist, Pharmacist and the patient's Physician.

Participants receive extensive education from our Respiratory Therapist on topics such as:

- anatomy and physiology of the lungs

- medications
- breathing techniques and airway clearance
- nutrition
- work simplification
- preventing infections
- depression and worry
- indoor/outdoor pollution

Following an assessment and evaluation, an individualized exercise plan is developed that leads the patient to realize his or her physical activity potential.

"Individuals with lung disease and those at high risk of developing lung disease have, over time, lost enjoyment of many everyday activities as the result of diminished lung function," said Pat Meyer RRT. "Following rehab, people have told me how thrilled they are to again be able to pick up a toddler who has raced into their arms, or play fetch with their dog."

Based on the progress made during supervised exercise, participants also receive a personalized home exercise plan to help them maintain their gains.

Pulmonary rehab gains reimbursement status

As of Jan. 1, Pulmonary Rehabilitation services are recognized as a distinct reimbursable program by the Centers for Medicare and Medicaid Services (CMS). The designation, which also extends to cardiopulmonary rehab programs, has long been sought by pulmonary specialists and others in the medical profession.

IH Respiratory Therapist Pat Meyer, BA, RRT says it's gratifying for the programs to finally earn recognition at the federal level.

"CMS has endorsed what we have always known", said Meyer. "Individualized rehab programs can give quality of life back to patients who suffer from moderate to severe pulmonary disease."

The Pulmonary Rehab program at Island Hospital is designed for those at risk of developing lung disease and patients diagnosed with chronic respiratory conditions such as chronic obstructive pulmonary disease (COPD), bronchial asthma, neuromuscular disease, restrictive disorders, chronic bronchitis and emphysema.

For more info call the Cardiovascular Rehab Program at Island Hospital, (360) 299-4242.

Warren Womack DPT joins IHPTR



Warren Womack DPT, OCS is now providing therapy at Island Hospital Physical Therapy & Rehabilitation.

With four years experience in outpatient training he treats patients with general and sports orthopedic conditions, gait dysfunction and physical disorders arising from neurological illnesses. His practice emphasizes use of evidence-based clinical care and comprehensive manual therapy interventions to provide efficient, effective treatment.

Womack has a BS degree in Kinesiology from San Diego State University and earned a Doctor of Physical Therapy (DPT) degree from Chapman University, Orange, CA. He has delivered professional presentations at the Scripps Mercy Hospital Rehabilitation Department, the Tri-City, Medical Center Outpatient Physical Therapy Department and E&L Physical Therapy Associates.

Prior to joining IHPTR, Womack was a

staff Physical Therapist at Orthopaedic Specialist of North County in Oceanside, CA; at Body Awareness Physical Therapy in San Clemente, CA; and at Sharp Mission Park Medical Centers in Oceanside, CA. His specialties included Physical Therapy evaluations and treatment interventions for the spine and extremities, and for general orthopedic and sport patients.

Womack has amassed more than 230 hours of continuing education including evaluation, diagnosis and treatment of range of orthopedic disorders. He is board-certified as a clinical specialist in Orthopaedic Physical Therapy by the American Board of Physical Therapy Specialties and is a member of the American Physical Therapy Association and the American Heart Association.

Following his move to Anacortes, Womack looks forward to enjoying the outdoor activities available in the Pacific Northwest and helping others enjoy them as well. "I am eager to help members of this community maintain a healthy and active lifestyle."

BROWN SPOTS ON YOUR SKIN?

Your brown spots, caused by sun exposure, can be relatively painlessly and quickly removed with laser treatment at Fidalgo Medical Associates. After treatment, the brown spot will crust and come off in flakes; and you'll be left with clearer, nicer-looking skin. FMA laser services are performed by a Registered Nurse in a safe, private and comfortable setting.

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1213 24TH ST, #100, ANACORTES

Understanding the Home Health benefit

How can Home Healthcare services benefit you? How does your insurance plan cover you for this benefit?

There are 9,000 Medicare-certified home-health agencies throughout the United States, including three in Skagit County. Island Hospital Home Health is the county's only locally owned and operated agency and last year served nearly 600 patients with 8136 visits in Skagit and San Juan counties.

Home Healthcare is an insurance benefit covered by Medicare Part A, Medicaid and most private insurance companies. The Center for Medicare and Medicaid Services (CMS) is committed to developing and evaluating evidence-based Home-Healthcare practices.

Quality health care is a high priority for all providers and the CMS has adopted the mission of the Institute of Medicine (IOM) in defining quality as having the following elements:

Effectiveness - provide care processes to achieve outcomes sup-



ported by scientific evidence.

Efficiencies - maximize the value of, and health benefits achieved for healthcare resources used.

Equity - provide healthcare of equal level and benefit to all.

Patient Centeredness - meet individual needs and preferences, while providing education and support.

Safety - prevent actual or potential bodily harm.

Timeliness - provide needed care while minimizing delays.

Island Hospital Home Health is committed to working with you and your physician to deliver care that will help you achieve optimal health and well-being.

At Island Hospital Home Health, we're a part of the Island Hospital team that promises "to always place your emotional and

medical needs first and foremost." To contact IH Home Health, call (360) 299-1302.

Thomas P. Brooks MD, family doctor

Practicing for 45 years in Anacortes until his retirement, Thomas Brooks MD, Family Practice, won the respect and admiration of the Fidalgo Island community.



He is characterized as a role model of the caring, compassionate family doctor, willing to go the extra mile for his patients, including making house calls at all hours of the day or night.

Upon his retirement in 1999, the Island Hospital Medical Staff proposed – and the IH Board of Commissioners agreed – that the IH Birth Center be renamed for the community's most renowned physician.

As part of his practice, Dr. Brooks delivered more than 2,000 babies, helped countless families meet their health needs and provided what is now known as "holistic" care long before that term was coined.

In 2005, Dr. Brooks was presented with the *Spirit of Island* award by the Island Hospital Foundation. His plaque reads: "Island Hospital honors Dr. Brooks as an example of the caring impact that one remarkable physician can make on the lives and health of many."



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Birth Center at Island Hospital

Special place for a special time

Each mother has her own vision of what she desires for her birth experience; some purely practical and others intuitive. At the Thomas P. Brooks MD Birth Center at Island Hospital, Nurses do everything possible to honor each mother's wishes, and draw upon their own professional intuition to enhance the experience.

First contact

Though some mothers' first contact with the Birth Center occurs during labor, most prefer to tour the facility and meet the staff -- individually or in conjunction with a child-birth class -- before making their decision. Later, many bring their "birth party" (invited family and friends) to familiarize them with the setting and amenities, and engage staff to answer their questions.

Pre-delivery

Once selected by the parents-to-be, the Birth Center staff begins to receive prenatal records. A mother diagnosed with risk factors might visit the Birth Center several times during her pregnancy for ante-partum testing.

Open Communication

"The mother and family have the opportunity to ask questions about the Center and the procedures. At any point in her visit to the center and during her stay she is able to more fully express her needs and wishes," said Tami Allen RNC-OB, Island Hospital Director of Obstetrics. "We want this birth to be the best possible experience for her and her newborn."

Facility, amenities and more

A locked, secured unit within the hospital, the Birth Center comprises well-appointed birthing and postpartum rooms, a dedicated Nurses station, a nursery (though babies normally stay in room with mom) and specialized equipment for handling emergencies for both mother and child. Here, each woman in labor receives one-on-one nursing throughout the delivery and immediate recovery.

The postpartum rooms are designed for intimacy, privacy and comfort for the family.

Expanded in 2008

The Birth Center was a major focus of the Island Hospital Renovation & Expansion Project, completed in 2008. The Birth Center was expanded by 1,000 square feet to a completed size of 5,500 square feet, and includes four LDRs (labor, delivery, recovery) rooms, four private postpartum rooms. In addition, dedicated family/visitor areas were expanded and upgraded.

Education is a large component of the Birth Center, helping parents to start learning how to care for the baby as well as how to care for mom.

"What's special here," said Birth Center Coordinator Becky Bean RNC-OB, "is how we genuinely care for the mothers simultaneous to delivering highly skilled nursing care. We have a small group of Nurses all of whom are dedicated to their work, and to each and every mom."

For more information about the Thomas P. Brooks MD Birth Center, call (360) 299-1331.

First 2010 Baby at Island Hospital

Danielle O'Connell, Anacortes, who gave birth to Island Hospital's first baby of 2010, relaxes with newborn son Daniel George and father Rick Coyle. Daniel arrived at 9:08 a.m. on Jan. 3, weighing 6 lbs, 10 oz.



Anacortes Mayor Maxwell proclaims *Island Hospital Day*

November 20, 2009 was proclaimed *Island Hospital Day* by Anacortes Mayor Dean Maxwell, and announced at the Nov. 19 Board of Commissioners meeting.

Island Hospital was recognized for its promise of quality service; extensive customer-service training of more than 700 employees, physicians and volunteers; Consumer Reports recognition for excellent communication with patients; and excellent patient care.

“This action by the mayor is very gratifying as it expresses the appreciation of our community for an exceptional hospital staff in meeting the needs of our patients, visitors and guests,” said Vince Oliver, Island Hospital



Anacortes Mayor Dean Maxwell presents Island Hospital Day proclamation to 2009 Board of Commissioners President Jan Iversen.



Chief Executive Officer.

In a cooperative effort among the board of commissioners, administration, employees and medical staff, Island Hospital developed a “promise” to all who utilize or visit the hospital: “Your best healthcare experience begins at Island Hospital. We always put your emotional and medical needs first and foremost.”

“I truly believe that the hospital staff is going all out to make our service attitude better for patients and their families, visitors and their peers,” said Oliver. “With improvements

brought about by the newly upgraded facility, we were given the perfect opportunity to rise to the service occasion, and we have.”

In August, Consumer Reports rated hospitals across the U.S. using Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) data, specifically on communicating with patients. Island Hospital received the third highest score in Washington State and was one of only five Washington hospitals above the national average.

Holiday Card Contest Winner

Island View Elementary School 5th-grader Andrea Spurling (center) created the winning artwork (inset) for the Island Hospital Holiday Card Contest. Her prize was an ice-cream party for Teacher Terri Bakke-Schultz’ class hosted by Chief Executive Officer Vince Oliver and Executive Assistant to the CEO Suzanne Staum.



Turning 65, ready for Medicare?

by *Aubre Adams LCSW*
IH Community Health Resources
Coordinator

If you're turning 65, you must enroll in Medicare – if you choose to do so – from three months before to three months after your birthday. Call the SHIBA Helpline for a free consultation to learn the basics of Medicare parts A and B and about related pri-

vate insurance plans.

SHIBA (Statewide Healthcare Insurance Benefits Advisors) Helpline is one of an array of services of the Island Health Resource Center, located east of the Island Hospital main entrance at 1211 24th St., Anacortes. When you're ready, call (360) 299-4212 and make an appointment to meet with one of our outstanding and experienced SHIBA Helpline Volunteers.



Sea Mar offers counseling services in Anacortes

Sea Mar Community Health Centers last November began providing individual and family counseling services at its new location in Anacortes at 1004 M Ave., Suite 107. Maria Blankenship, Mental Health Therapist, staffs the office on Tuesdays, from 8 a.m. to noon, and Mondays, Thursdays and Fridays 1 to 5 p.m. She provides services in English and Spanish. Maria has a Master of Arts in Psychology from Antioch University and worked as a Registered Nurse for more than 25 years.



Sea Mar Community Health Centers began in 1978 with one small medical clinic in the South Park neighborhood of Seattle. Today, Sea Mar provides services in 19 medical clinics, 13 dental clinics, and 16 behavioral health and/or substance abuse treatment centers in western Washington.

While Sea Mar continues to specialize in providing bilingual and culturally appropriate healthcare services to Latinos, a wide range of medical and social services are available to people of all races, ethnicities and income levels. The fastest-growing immigrant populations served by Sea Mar are Russians and Ukrainians.

"We are pleased and gratified by the reception that we have received from everyone in the Anacortes area," said Maria. "We are especially thankful to Island Hospital, Aubre Adams and the SHIBA Helpline (Statewide Health Insurance Benefits Advisors) for allowing us to use office space near the Island Health Resource Center."

"We look forward to a long and productive relationship with other healthcare providers in the area as we seek to help make our communities healthier places for all to live."

Anyone interested in counseling services from Sea Mar can call (360) 542-8920, or the VOA access line, (888) 693-7200.

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MEDICAL ASSOCIATES
AT ISLAND HOSPITAL

1213 24TH ST., #100, ANACORTES

For our friends in the San Juan Islands

Call any service toll-free!

Any number listed for an Island Hospital department or service can be reached toll-free by calling our main San Juan Island number - 468-3185 and asking to be connected to the service you would like to reach.

YOUR HEALTH MATTERS

Classes

Registration: To register for any of the classes, 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 on the classes, please call 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: Monday, May 10, 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 makeup 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 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, Feb. 15, Mar. 15, Apr. 19,

May 17, 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 will also 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.

March 4 - April 8

May 6 - June 10

July 8 - August 12

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, March 8, 5 - 6:30 p.m.

Monday, April 12, 5 - 6:30 p.m.

Monday, May 10, 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, February 18, 6:30 - 9 p.m.

Thursday, April 15, 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

This class will teach you basic infant and child CPR, as well as safety tips, SIDS and choking prevention, childproofing, water

YOUR HEALTH MATTERS

safety and car seat information for children ages birth to 8 years old.

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

When: Thursday, February 25, 6:30 - 9 p.m.
Thursday, April 22, 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 Baby Reunion

Was your baby born at Island Hospital January through April of this year? If so, you are welcome to join us for a baby reunion! Enjoy baby games, meet other parents and learn about new ways to interact with your baby.

When: Saturday, April 24, 2 - 4 p.m.

Where: IHRC Conference Rooms 1, 2 & 3
Cost: FREE

Instructor: Dianna Mincin LPN, ICCE, CIMI
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. Please check the EMS website for additional locations, www.skagitems.com/safekids.htm. No appointments required, please just drop in.

When: Thursday, March 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 diabetes education on campus as a service to the community. Education by a Certified Diabetes Educator 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 Anita McCoy RN, CDE at 299-1343.

Cardiopulmonary Programs

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.

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 that you used to do because you are suffering from 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.

One-on-One Fitness Counseling



With the help of an Exercise Specialist, formulate a personalized exercise plan based on your individual goals. Includes body fat testing, fitness assessments, exercise programming and nutritional support. Please call Brad Sim ES at 299-4242 for more information.

Parenting

Positive Discipline: Effective Parenting Skills for All Ages



Learn how to understand the meaning of your child's behavior and gain the parental tools to respond effectively. This 4-session class will provide an overview of each developmental stage a child experiences and show you how to support their growth as a mentally healthy person with functional coping skills. "Light bulbs" always go off for participants as they implement their new found parenting skills and watch undesirable behavior being eliminated. Free childcare will be provided, but **MUST** be prearranged by calling 299-1309, and space is limited. Sponsored by the Kiwanis Noon Club of Anacortes.

When: Wednesdays, March 3, 10, 17 & 24,
6 - 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10 per household

Instructor: Kathie Ketcham MA, LMFT, CMHS
Registration: Mail in payment or leave a message at 299-4204

Physical Activity

Keep on Dancing!



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

Beverly Swanson has been teaching dance

YOUR HEALTH MATTERS

for 32 years, currently at the Anacortes Dance Center and Studio 1010.

When: Tuesdays, March 2 - May 18, 6:30 - 7:30 p.m.

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

Cost: \$10 per class

Instructor: Beverly Swanson

Questions: Leave a message at 299-4204

Physical Therapy Programs

NEW Reduce Your Risk of Falls



Learn how to improve your balance and reduce your risk of falling.

Ellie Petri is a Physical Therapist at IH Physical Therapy & Rehabilitation. When: Monday, February 15, 4 - 5 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Ellie Petri PT, LMP

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

Women's Safe Weight Training



In this class you will learn about the importance of weight resistance training for building 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.

Kendra Kennedy, Doctor of Physical Therapy, is with Island Hospital Physical Therapy & Rehabilitation.

When: Wednesday, March 24, 9 - 11 a.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Kendra Kennedy DPT

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.

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

When: Wednesday, May 5, 4 - 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

Self-Care

Essential Remedies: Migraines, Insomnia & Stress



Learn to use essential oils which have been used since ancient times to naturally help with migraines, insomnia and focus. Create your own blend to take home!

Michelle Mahler of

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

When: Monday, February 22, 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 Mind & Body Healing



Learn about neurofeedback and how it can retrain the nerve pathways in the brain to help reduce chronic anxiety and stress. Demonstrations of relaxation methods you can practice on your own will also be included.

When: Tuesday, February 23, 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

NEW Comforting Touch Massage

One can feel at a loss for words while supporting someone living with cancer - sometimes the most comforting thing you can provide is connection through touch. Learn simple and safe massage techniques to share with people living with cancer.

Aimee Nassoioy has been a Licensed Massage Practitioner for over 25 years.

When: Saturday, March 6, 1 - 4:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$35

Instructor: Aimee Nassoioy RN, LMP

Registration: Mail in payment or leave a message at 299-2404

NEW Chronic Stress & Anxiety Management



Learn to let go of stressful thoughts and beliefs that compromise your health and enjoyment of life. In this interactive class, you will learn how to redefine stress and anxiety and deactivate

their harmful effects. Are you ready to stop suffering?

Karen Louise is a Registered Nurse and Life Coach.

When: Wednesday, March 10, 1 - 3 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$20

Instructor: Karen Louise RN, CHT

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

Essential Remedies: Nature's Wonder Cleaners & Super Germ Killers

Learn to make your own natural antibacterial sprays and powders using pure essential oils! Each student will make a multi-surface spray or disinfecting spray, a fizzing cleansing powder and a carpet/flea powder or flea repellent oil.

See "Essential Remedies: Migraines, Insomnia & Stress" for instructor's information.

When: Monday, March 15, 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

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 trained as a nutrition educator at Bastyr University.

When: Monday, March 22, 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

Your Guide to Choosing Healthy Foods

Learn how to choose the most nutritious foods. Includes information on healthy fats, whole grains, fruit and vegetable superstars, gluten-free choices and more!

See "Basic Nutrition" for instructor's information.

When: Monday, April 19, 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

Mother's Day Gifts of Joy, Peace & Serenity

Essential oils have been used since ancient times to effectively uplift the spirit and bring peace and tranquility. Find relief from stress, negativity and depression naturally with this alternative therapy. Create your own aromaspray!

See "Essential Remedies: Migraines, Insomnia & Stress" for instructor's information.

When: Monday, May 3, 6 - 7:30 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

Lose Weight & Improve Your Health - One Thought at a Time

Tired of the frustrating weight loss/weight gain cycle? Learn how to be in the lucky 10% who keep weight off. All action is preceded by thought - lasting behavioral change occurs when we *change our minds*. This class will introduce you to powerful techniques that will help you end your weight loss war!

See "Chronic Stress and Anxiety Management" for instructor's information.

When: Wednesday, May 12, 1 - 3 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$20

Instructor: Karen Louise RN, CHT

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

Special Events



A Woman's Heart Matters

A healthy lunch and expert speaker await you! Join Dr. Andrew Coletti from North

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 leave a message at (360) 299-4204.

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

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

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

♥ Class

Date(s)

Fee \$

Cascade Cardiology to learn about women's heart disease and how to prevent it. Enjoy a complimentary lunch, information booths, door prizes and more! Registration is required.

Sponsored by North Cascade Cardiology and Soroptimist International of Fidalgo Island.

When: Friday, February 12, 11 a.m. - 1 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Registration: Leave a message at 299-4204

A Guide to Better Sleep



Join Gandis Mazeika MD to learn ten easy things you can do to improve your sleep. Dr. Mazeika is currently the Medical Director of Island Hospital's Sleep Wellness Center.

When: Wednesday, March 17, 3:15 - 4:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Registration: Leave a message at 299-4204

In Our Own Voice

Members of NAMI Skagit, a local affiliate of the National Alliance on Mental Illness, will present an interactive mental health recovery education program focused on opening minds, changing attitudes and educating the community about what it means to have a mental illness. Learn from the speakers whose lives were interrupted by mental illness, but are now role models for hope and recovery.

When: Wednesday, April 21, 6 - 7 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Registration: Leave a message at 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.

YOUR HEALTH MATTERS

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 Anacortes-San Juan 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.anacortessanjuan.redcross.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 education 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

NEW 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 or Danny, 293-2793

Skagit County Support Groups

Sjogren's Syndrome

Quarterly on Saturdays, 10:30 a.m.
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 360-299-1309.



Heartbeats is printed on recycled paper. Please remember to reduce, reuse and recycle.



6th Annual March for Meals in Anacortes!

March for Meals has many opportunities for you to get involved in a program which helps so many seniors in our community.

- **February 6th** - Spaghetti Feed
 - **March 6th** - Bunco for Meals
 - **March 12th** - Lil' Rev Concert
 - **March 20th** - Parade & Celebration
 - **March 27th** - Fidalgo Masonic Lodge # 77 Turkey Shoot
 - **March 27th & 28th** - Bowling Bash
- Remember, every \$5 raised provides another meal for a senior in need!

March for Meals is a fundraising effort for Meals on Wheels which provides about 110,000 nutritious meals to more than 2,500 senior citizens annually in Skagit County. This program is supported by a limited amount of staff, with hundreds of locally based volunteers. The program has suffered significant loss of state and federal funding and must rely on community donations to maintain current client-service levels. Your support is most appreciated!

For more information contact Sally Hill, Anacortes Senior Activity Center, at 293-7473.

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. 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.
WA State Ferry - 1st Monday of the month, 8:50 a.m. sailing to Friday Harbor and back

Hearing Screening

Are you having a hard time hearing as well as you used to? Help is available and easy once you have confirmed hearing loss. This screening will provide you with a simple hearing test provided by Dr. Holly Kennedy of the Anacortes Hearing Center. Appointments are required!
When: Tuesday, February 9, 9:30 a.m. - 2 p.m.
Where: Island Health Resource Center
Cost: FREE
Appointments: Leave a message at 299-1367

Mood Disorders

Do you have the winter blues? Or are just feeling low lately? Join us to find out if you might be depressed, have seasonal affective disorder or are just experiencing mood shifts. You also will be provided with tips to help you cope. This screening is provided by Marilyn Holmes ARNP. No appointments required, please just drop in.
When: Tuesday, March 2, 9 a.m. - noon
Where: Island Health Resource Center
Cost: FREE
Questions: 299-1309

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 dementia by taking a simple examination. 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, March 16, 9 - 11 a.m.
Tuesday, May 18, 9 - 11 a.m.

Where: Island Health Resource Center
Cost: FREE
Appointments: Leave a message at 299-1367

Skin Cancer Screening

Dermatologist Michael Nelson MD of Skagit Valley Medical Center will examine any skin abnormalities that you are concerned about. Appointments are required!
When: Monday, March 22, 9 a.m. - noon
Where: Island Health Resource Center
Cost: FREE
Appointments: Leave a message at 299-4204

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, April 13, 8 - 11 a.m.
Where: Island Health Resource Center
Cost: \$10
Questions: 299-1309

Pulmonary Function Screening

If you get short of breath while getting dressed, climbing stairs or walking with a friend, or if you have smoked for 10 years or more, this screening can help determine your lung function. You and your doctor can then decide on a treatment plan to improve the quality of your life. Appointments are required!
When: Tuesday, May 4, 8 a.m. - noon
Where: Cardiopulmonary Rehabilitation Education Room
Cost: FREE
Appointments: Leave a 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, May 11, 9 - 11 a.m.
Where: Island Health Resource Center
Cost: \$5
Appointments: Leave a message at 299-1367

A milestone year for the Island Hospital Foundation

Despite the economic downturn, generous donors and a supportive community combined to make 2009 a highly successful year for the Island Hospital Foundation. IHF also continued to refine long-term strategies to stabilize and expand fundraising efforts by adding an endowment fund and creating the Island Hospital Foundation Society.

These two initiatives complement IHF's successful special events. The annual Gala of Hope, Golf Classic and Celebration of Trees have not only raised money for Island Hospital, but have earned ongoing support and praise from the community.

Another top priority in 2009 was to raise awareness of the Foundation and its role in supporting Island Hospital's mission to deliver quality health care, according to IHF Past President Bette-Anne Ely.

"Members of our community continue to be very generous in their support of our hospital," said Ely. "We want them to know how their donor dollars are being spent and what value they bring to IH patients, their families, hospital staff and the community."

Annual Appeal best ever

IHF's 2009 Appeal is the most successful in the organization's history with more than \$186,000 donated to promote and continue health-

care excellence at Island Hospital. The new fundraising milestone was reached in large part through the generosity of Jerrel and Janice Barto, who have long been enthusiastic supporters of the Foundation and the hospital.

The couple matched every dollar donated to the annual Appeal with a dollar to the newly created Island Hospital Foundation Endowment Fund to ensure continuing support of community health at IH for years to come.

Island Hospital Foundation Society established

In conjunction with the 2009 Appeal, IHF announced formation of the Island Hospital Foundation Society, which recognizes those who give \$1,000* annually to IHF, helping ensure that Island Hospital will continue to provide quality healthcare in our community.

Society membership privileges include:

- Recognition at the annual Island Hospital Foundation Society dinner
- Recognition in Benefactor Hall
- Listing in the IHF annual report and newsletter
- Invitation to members-only event featuring healthcare-related programs

*With the exception of Heartstrings/Raise-the-Paddle/Fund-an-Item donations, contributions related to special events are not eligible. Society membership effective Jan. 1, 2009.

Foundation names 2010 Board of Directors

The Foundation is pleased to announce its Officers and Board of Directors for 2010.

OFFICERS

President: Marv Shelby; Vice President: Dianne Kuhn; Treasurer: Ralph Frey; Secretary: Diana Jordan-New; Immediate Past President: Betty-Anne Ely

NEW ON THE BOARD

Mark Backman MD, Brenda Graham-Apter, Bill Rabel and Steve Rutz.

RETURNING BOARD MEMBERS

Jerry Barto, Shellie Bogosian, Dave Margeson, Beth Prins, John Prosser, Aaron Rasmussen, Jim Roe, Gene Ross, Diane Rusher, Anne Smith and Jerry Zavalney.

Our gratitude goes to those retiring from the Board this year: Dave Cortelyou (IHF Past President), Kathy Clarke, Hal Clure MD and Kathy Rogers.

And we thank our Members Emeritus: Harold Eiesland MD, Duncan Frazier, Wallie Funk, Murray Goddard, Jack Greenewald, Frank Hansen MD, Deanna Murray, Ike Schlichting and Mary Vallentyne.



Betty-Anne Ely, 2009 IHF Board President, presents Jan Iversen, 2009 Island Hospital Board of Commissioners President, with a check for \$158,200 to be used for the Community Health Screenings Program and purchase of new medical equipment.

Around the world in 80 days!

It's time to buy your tickets and grab your passports for the 7th annual Gala of Hope – always an adventure, always a very special evening. The Gala will be held on Saturday, April 24, at the Port of Anacortes warehouse.

This year guests will be taken “Around the World in 80 Days” to savor international sights, sounds and flavors. Cameron's Living Room Dining will

provide a tempting array of appetizers and a sumptuous meal. The evening also will feature music, dancing, good company and, of course, the Gala live auction with exciting items sure to draw multiple bids.

Individual tickets are \$125 and patron tables seating 10 are \$1,700. Please call the IHF office at 299-4201 for ticket sales and further information.



Remembering

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

Memorials

Di Adams	Lori Ann Brandt	Dennis J. Heggem	Alma Lloyd	Don Pierce
Martha R. Allison	John Carabba	Bill Hodgson	Mary T. Luvera	Albert O. Schmitt
Eugene "Gene" Anderson	Walt Casey	Chuck & Ellen Jones	Susan McPhee	O. Newell Sheffer
Atterberry and the "Old Growth 7"	Ila June Hughes Deane	Ruth Kendrick	Jerry Mansfield	Patty Turner
David E. Austin	Loretta Dutton	Carol Lapworth	James H. Miller	Elaine McKee Ward
Claudette Diane Benz	Cecil & Bertha Ely	Joyce Lapworth	Dorothy Nicholson	Christopher Whatley
Fred & Mary Bone	Laddie & Bill Franz	William E. Larson	Craig Nielsen	Lois White
	Dick Harrison	Alma Leno	Harry Osborne M.D.	

Tributes

Harry French	Mrs. Kim Herbert	Ralph and Jean Oicles	Yoshi Shidhira	Ho Taylor
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To remember or honor someone with a special donation, please make your checks payable to: "Island Hospital Foundation" and mail to P.O. Box 1143, Anacortes, WA 98221.



Celebration of Trees brought Community "Home for the Holidays"

The 3rd Annual Celebration of Trees filled hundreds of hearts with joy and raised more than \$30,000 for Island Hospital's Community Health Program that provides low-cost and no-cost health screenings to the community throughout the year.

"We were very excited to welcome over 1,000 members of the community throughout Friday and Saturday," said Foundation Coordinator Courtney Orrock, "as well as the Island Hospital Annual Holiday Celebration. The Celebration also coincided with Anacortes' annual Holiday Artwalk, which brought out hundreds and spread the holiday cheer."

"The feedback we have received from the public has been amazing and we thank our community for its support. The Celebration of Trees committee is already busy coming up with new ideas for next year and we are very excited to see what surprises they have in store!"

Celebration of Trees Donors

The Island Hospital Foundation's Board of Directors thanks the following companies, individuals and organizations for their generous support.

A Special Thank You to Our Celebration of Trees Committee:

Event Co-Chairs

Colleen Craig
Kathy Rogers

Committee

Lou Bergeson
Betty-Anne Ely
Jan Iversen
Dianne Kuhn
Sandra Marin
Sandy Meissner
Amy Miller
Anita Neifert

Robin Pestarino
Beth Prins
Betsy Rogers
Jo Ann Ross
Mary Staley
Lisa Strandberg
Stacie Sutliff
Karen Toedte
Jeanine Watts

With Appreciation for Supporting our Many Community Day Activities:

Anacortes High School Band Booster Club
Anacortes High School Wind Ensemble
Fidalgo Danceworks
Fidalgo Elementary School Choir
John L. Scott Real Estate
Rotary Club of Anacortes
Shell Puget Sound Refinery HSSE Dept.
Windermere Real Estate

Thank You to Our Wreath Contributors:

Bandana's Arts
Chris Borgen
Chief Bonnie Bowers
Cameron's Living Room Dining
Dakota Creek Industries, Inc.
Jack Darnton
Donatello Flowers and Gifts
Fidalgo Bay Coffee
Friends of Fidalgo Pool and Fitness
GG's of Anacortes
Happy Valley Farms
Cynthia Harrison
Zee Hogan
Tom and Dianne Kuhn
Mayor Dean Maxwell
Steve Oakley
Vince Oliver
Rosario Assisted Living
San Juan Rehabilitation & Care Center

Skagit State Bank

Thank You to Our Tree Contributors:

Feeding Our Own

The DASH Group & The Market at Anacortes

Healthy at Home for the Holidays

Walgreens

Holiday Cheer

Members of the Fidalgo Island Rotary Club & Rotary Club of Anacortes

Imagine

Tesoro Petroleum Companies

Island Dream Escape

Island Medical Spa, Offices of D. Russell Johnson MD, PhD

Safely Home for the Holidays

Les Schwab Tire Center

Sparkle with Shell

Shell Puget Sound Refinery – Environmental Health, Safety & Security Department

Team Anacortes

The Plumbing Guys, Inc.

Visions of Cupcakes

Take the Cake – Tracey Olson

When All Else Fails, Hug Your Teddy Bear

Bears 'N Friends - LaConner

You Fill Up My Senses, Like a Night in the Forest

Island Hospital Medical Staff and Maison et Jardin

Thank You to Our Auction Winners:

Kerry Allen
Jim & Joyce Anderson
Rick & Kathryn Bennett
Paul & Jean Groesbeck
Rich & Betsy Humphrey
Russ & Kim Jeter

Adam & April Jones

Bob & Meredith Laws

Josh & Kaci Meehan

Terry & Anne Merritt

Dr. Joseph Mulcahy

Vince & Terry Oliver

Chad & Courtney Orrock

Rebecca Perk

Diane Rusher

Pete & Norma Shainin

Lisa Strandberg

George Welch

Doug & Gaye Woods

Thank You to those who Raised Their Paddles for Health Screenings:

Terry & Tami Allen

Jim & Joyce Anderson

Paul Brittain

Pete & Candy Cooper

Steve & Amy Curtiss

Jack & Nancy Darnton

Dr. Buzz & Betty-Anne Ely

Heather Estabrook

Karen Everett

Jeff Dawson & Dr. Amber Fowler

Brian & Rebecca Hobbs

Dick & Jan Iversen

Russ & Kim Jeter

Adam & April Jones

Kirk & Mary Kennedy

Barbara Larson

Kirk & Kelly Moore

Dr. Joseph Mulcahy

Richard & Linda Nelson

Vince & Terry Oliver

Bill & Phyllis Robillard

Gene & Jo Ann Ross

Nate Scott

Marv & Carol Shelby

Tim & Tara Starkovich

Michael & Suzanne Staum

Stewart & Patricia Sterling

Tate & Karen Toedte

William Vaughan

Steve Verberendse

George Welch

Don Wick

A Special Thank-You to:

Anacortes Arts Festival
Anacortes Chamber of Commerce
Challenger Ridge Vineyards & Cellars
Steve Coryell
Doug & Becky Craig
Compass Wines
CTK Grannies
Dakota Creek Industries, Inc.
Darigold
Eagle Haven Vineyard
Dr. Buzz Ely
Frontier Industries
Dale Fowler
Brain Geer
Pat Grant
Heidi Hauan
Lonna Hogan
Dorothy Ives
Mark & Terry Kratzer
Meredith Laws
Tim Lemons
Lervick Engineering
Dale Neifert
Sarah Ney
Port of Anacortes
Chad Orrock
Read Me A Story
Don Rogers
Jim Scott
Dave Sem, Sebo's Hardware
Simply Yards
Ed Sprauer
Larry & Nancy Stanek, NW Autobody
Blake Thompson
Tulip Valley Vineyard & Orchard
VAQ-140 Navy Spouses' Club
Jon Walton
The many local businesses for contributing the use of their reader boards.
Those who anonymously purchased birds for the Celebration Tree.

Are you getting the sleep you need?



Millions of people suffer each year without ever knowing the true cause of their problems – lack of quality sleep

Long-term effects of sleep loss can include obesity, diabetes, high blood pressure, depression, heart attack, stroke and an increased risk of developing dementia or Parkinson's disease.

Workplace injuries, transportation accidents, decreased productivity and academic underachievement are just few of the sometimes tragic consequences of inadequate sleep.



Our state-of-the-art Sleep Wellness Center.

75% of our population complains about sleep problems, while 10% receive treatment.

OUR PHYSICIANS ARE BOARD CERTIFIED IN SLEEP MEDICINE

Gandis G. Mazeika, MD

Stanley Jian Chen, MD

ISLAND HOSPITAL
**SLEEP WELLNESS
CENTER**

For more information or an appointment:

360.299.8676

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