



ISLAND HOSPITAL

Fall 2018

Heartbeats

Magazine

Patient offers compelling
story of surgery care.

See Island Surgeons p. 12



Envisioning the future Island Hospital p.2

Physicians join Merle Cancer Care Center p.5

Patient shares importance of blood-pressure checks p.9

Commissioner Message

What does Island Hospital of the future look like?

Each year the Island Hospital Board of Commissioners, Administration and members of the Medical Staff hold a Leadership Conference to develop a strategic vision for the short and long term. This year's gathering will be held later this year to discuss a most-serious challenge: Considering the changes we are seeing in healthcare delivery across the nation, what does Island Hospital of the future look like?



The Annual Leadership Conference will be facilitated by ECG Management Consultants and focus on three goals:

- Improving patient access.
- Providing the right services for our community demographics.
- Defining ways to deliver healthcare that exceeds patients' expectations.

The Commissioners – along with Administration, members of the Medical Staff and Island Hospital Foundation – will gather together to brainstorm solutions and agree on plans to achieve these three goals.

To do this, we need to further analyze our core services and envision ways we can deliver them in the most cost-efficient and effective manner based on the economic and regulatory realities in today's healthcare market. Our current model needs improvement as we are seeing lagging revenues due to significantly lower than expected inpatient volumes. We must work to examine the entire organization, from primary care to inpatient services, to improve access and delivery of care.

At the conference we will consider different scenarios as potential options, considering operational, regulatory, financial and strategic implications of each. ECG will present sustainable models that provide the services our community demands. As in the past, it will take several months to implement our strategic plan. We will continue to work with ECG over the next year to gather more data and further develop the plan. We will keep our community informed about our progress and decisions during this process.

As Island Hospital Commissioners, we are charged with representing Skagit County Public Hospital District No. 2 (Island Hospital) residents. I encourage you to share your comments and ideas. Please contact us at (360) 299-1327 or commissioners@islandhospital.org. We want to hear from you.

FMA Women's health clinic opens



A newly renovated space in the Island Medical Center (adjacent to the Island Hospital main 24th Street entrance) has allowed Fidalgo Medical Associates (FMA) obstetrics and gynecology providers a dedicated space to practice, as well as allow the previous space to be utilized for primary care. Ob/Gyn physicians Kathy Garde MD, Nadine Foist MD and Robert Prins MD will practice at the new facility. Exam rooms are larger and modernized for patient care and comfort. For appointments or more information call FMA at (360) 293-3101.

MRI upgrade barely noticeable, except where it counts!

Patients who enter the MRI room at Island Hospital will likely look for vast changes and see few. They might listen and hear that the new module is quieter than the last – but that's only if they've had an MRI before. They may look at the circular opening to the unit and see it is the same size. But it's precisely those barely noticeable traits that have, in part, made the installation of the MRI upgrade such a success.

What is noticeable to the radiologist is far-advanced depth of vision and clarity. What is noticeable to the physician is greater ability to diagnose previously undetected problems in ever-earlier stages. And what is ultimately felt by the patient is an increased sense of confidence and ability to make decisions based on what they and the professionals have factually seen.

Said Ray Ould, IH Director of Diagnostic Imaging, "Thanks to the forward-thinking of Island Hospital Administration, contractors and so many others involved even before this upgrade, we were able to save 60% of the cost that would otherwise have been required of building a new room from scratch and buying new, rather than upgrading".

He added, "We in the Diagnostic Imaging Department are particularly thankful to the Island Hospital Foundation for gifting us with a breast coil. This one-hundred-thousand-dollar act of generosity together with our new 3-D mammography unit will undoubtedly save lives. One life saved, one medical condition caught in time, was and is our goal!"

COVER PHOTO: Taking a stroll at Cap Sante Marina is Heather Zeilstra, who has great things to say about her care at Island Surgeons. See page 13.



As I See It...

By Vince Oliver, IH Chief Executive Officer

Meeting our community's needs

A hospital administrator/chief executive officer is involved in a wide range of decisions regarding all aspects of community medical-care delivery. These responsibilities include staffing, finances, community involvement, partnerships and more.

However, at Island Hospital, my top priority and concern is recruiting physicians and advanced practitioners (nurse practitioners, physician assistants) to meet an increasing need for primary-care providers in our hospital district. We do all we can to fill these positions as quickly as we can so we can continue to meet demand. However, the amount of notice may vary, and we feel a deficit if we can't get a provider in place quickly. There are many reasons a provider may leave that can limit our primary-care capacity; with military relocation (often of a spouse) and retirement among the top reasons. Typically, when a provider leaves, we hire locum tenens (temporary) providers, to avoid any gaps in care for our current patients.

It can take as long as 10 months from the time we start recruiting a position to when the provider starts practicing here.

Once here, the new provider needs an orientation period to learn organizational policies and procedures as well as clinic operations and other basics such as the electronic medical-record system.

Other factors contributing to our challenge in meeting primary-care demand in the district are slow credentialing by health insurers, clinic processes and a lack of space.

Credentialing is the confirming and review of the provider's application by all potential third-party payers to ensure that all educational, licensure and federal and state standards have been met. We are working with our contracted insurance carriers to become more expeditious, but they seem to require more information – and are usually slower in responding – than in the past. Each insurance company does this credentialing audit separately and some move slower than others, but Medicare and Medicaid are the fastest.

Our Family Care Clinics, Anacortes Family Medicine and Fidalgo Medical Associates, are working collaboratively to improve our processes so we can efficiently increase capacity. Some of these changes have already been enacted by the time you read this, and more will be forthcoming.

As for a lack of space, I believe we have made significant progress resolving this with the expansion of Fidalgo Medical Associates (FMA) in the Island Medical Center (facility just west of main 24th Street entrance). The new space will house FMA's obstetrics and gynecology (Ob/Gyn) providers (Nadine Foist MD, Kathy Garde MD and Bob Prins MD) and staff in office space adjacent to the FMA reception area. This allows the previous Ob/Gyn space to be utilized for primary care.

We are aware that some local residents are experiencing difficulty finding a primary-care provider (PCP) in our district. I assure you that we are doing all we can to ensure we offer the services needed by our community. In fact, I have instructed an interdepartmental task force to review and improve our process so those requesting a PCP get a response within one business day; and a provider who meets your needs.

If you need a PCP or specialty physician, please call the Resource Center at Island Hospital, (360) 299-1397.

I always encourage your comments, concerns and suggestions. Feel free to contact me directly at voliver@islandhospital.org or at (360) 299-1327.

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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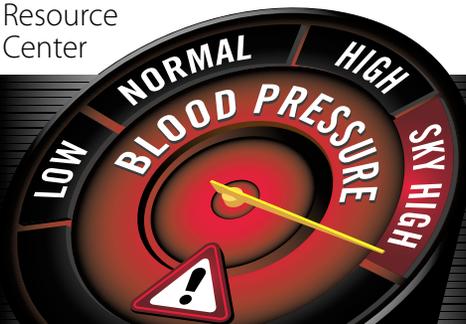
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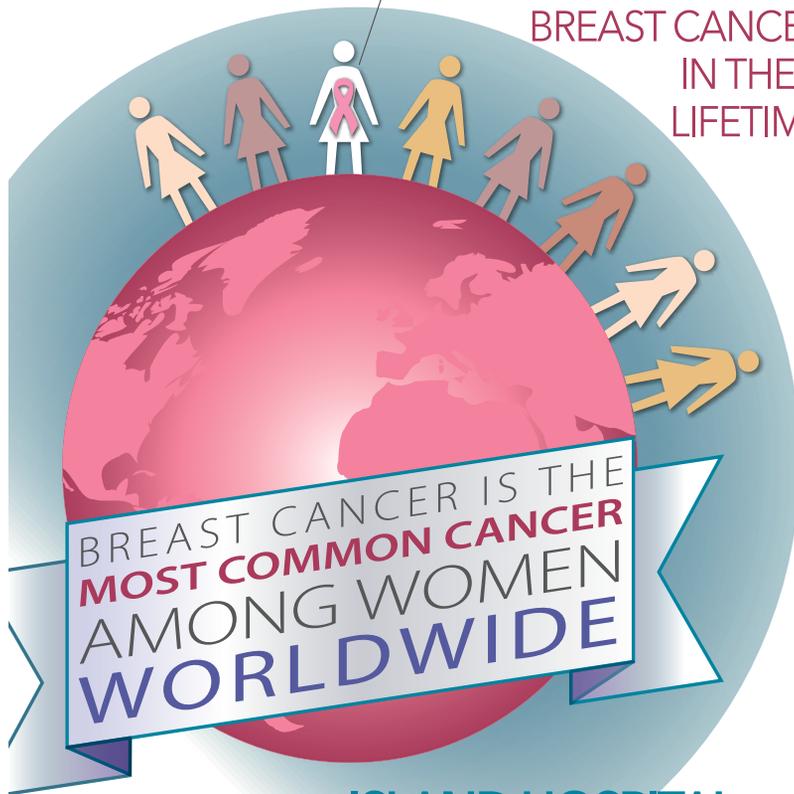
Call 360-299-1309 for more information

Our Promise

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

3D mammography proves far better than 2D, says Mayo Clinic physician

**ONE IN EIGHT WOMEN
WILL DEVELOP
BREAST CANCER
IN THEIR
LIFETIME**



Three-dimensional (3D) mammography has great advantages over two-dimensional (2D), as it offers three distinct benefits – better cancer detection, fewer false positives and more peace of mind – according to a Mayo Clinic radiologist.

Dr. Robert Maxwell notes that 3D mammograms allow better accuracy in the detection and diagnosing of cancer compared to 2D (traditional) mammograms. The two-dimensional mammogram provides only top and side images of the breast, obtaining about four images. In comparison, 3D mammograms obtain approximately 300 images, which provides better cancer detection and fewer false alarms.

3D mammograms provide a more certain diagnosis allowing the radiologist to see greater detail in the breast tissue. This should offer peace of mind for women with dense breasts, since they have a higher cancer risk and more certainty in diagnosis lessens anxiety.

Island Hospital offers the Hologic Genius™ Mammography unit that

- is the only mammogram that is Food and Drug Administration-approved as superior for women with dense breasts compared to 2D mammography alone.
- finds 20-65% more invasive breast cancers than 2D.
- reduces callbacks by up to 40%.

To schedule your mammogram call the Island Hospital Diagnostic Imaging scheduling line at (360) 299-1315.

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SAVE LIVES**

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FIVE YEAR
SURVIVAL
RATE IN
ADVANCE
STAGE

93%
FIVE YEAR
SURVIVAL
RATE IN
EARLY
DETECTION

AGE 20-39:

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- Breast self-exam

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- Clinical breast exam during annual exam
- Breast self-exam

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We accept most insurance plans.

Merle Cancer Care Center welcomes two new oncologists

Drs. Wang and Nestor have joined the staff of the Merle Cancer Care Center (MCCC) and are now seeing patients.

Junfeng Wang MD, PhD



Board certified in Oncology, Hematology and Internal Medicine, Junfeng Wang MD, PhD, received his Bachelor's degree (Medicine) from West China University of Medical Sciences, China,

in 1987 and his Doctor of Medical Sciences from Peking Union Medical College, Beijing, in 1995. He completed his residency in Internal Medicine in 2008 at Greenwich Hospital, Yale School of Medicine, CT; and received an additional three years' clinical training in hematology/oncology at the University of Washington, Fred Hutchinson Cancer Research Center.

Dr. Wang most recently practiced as medical oncologist/hematologist at The West Clinic, Memphis TN. He had previously served as oncologist at George E. Wahlen VA Medical Center, Salt Lake City (SLC); as Assistant Professor, GU Medical Oncology, Huntsman Cancer Hospital, also in SLC. He began his career as Acting Instructor, Hematology/Oncology, University of Washington.

Credited with 17 peer-reviewed publications, Dr. Wang is a member of the American Society of Hematology and is an Associate Member of the American Society of Clinical Oncology.

Patrick Nestor MD



Board certified in Medical Oncology (2003) and Hematology (2004), Patrick Nestor MD earned his Bachelors of Biologic Science from the University of Chicago in 1990 and his Medical

Doctor degree from University of Texas Health Science Center, San Antonio, in 1997. There he was honored with both the Merck Manual Award and Summer Research Fellowship. He fulfilled his internship and residency at in Internal Medicine at the University of Wisconsin, Madison, in 2000 and was a Fellow in Hematology and Medical Oncology at Washington University, St. Louis, MO, until 2003.

Since 2003 Dr. Nestor has practiced Medical Oncology/Hematology with PeaceHealth St. Joseph Cancer Center, Bellingham, where he was also a member of the Cancer Committee and Clinical Trial Principle/Sub-Investigator.

Merle Cancer Care Center

The Merle Cancer Care Center at Island Hospital operates in a state-of-the-art facility with the latest equipment and comfortable furnishings. The MCCC exceeds the standards established by the Commission on Cancer – with staff specially trained and experienced in the physical and emotional elements of a cancer diagnosis – while offering:

- Chemotherapy
- Non-chemotherapy medication administration
- Blood product transfusion
- Private visits with physicians and a nurse practitioner
- Referral to radiation therapy
- Personalized genomic therapy
- Emotional and educational support
- Coordinated access and consultation with oncology experts at Seattle Cancer Care Alliance, Virginia Mason, UW Medical Center and other specialists throughout the Pacific Northwest region.

The Merle Cancer Care Center is located on the upper level of Island Hospital's Medical Arts Pavilion, 1015 25th Street, Anacortes. For information call (360) 299-4200 or visit www.islandhospital.org.

Wound Care & Hyperbaric Medicine Center welcomes Brian Minow MD

Certified by the American Board of Family Medicine, Brian Minow MD has joined the Wound Care & Hyperbaric Medicine Center (WCHMC) at Island Hospital. He brings over 20 years diverse experience, including primary care, wound care and hyperbaric medicine.



Dr. Minow received his Bachelor's degree cum laude from the University of California (UC), Irvine, in 1991. He earned his Doctor of Medicine degree from the UC School of Medicine, San Diego, in 1995, and completed his residency in Family Medicine at Kaiser Permanente Orange County, California, in 1998.

Dr. Minow entered his medical career at Kaiser Permanente La Palma Medical Offices, La Palma. He remained in California until 2016; as a Wound Care Specialist for Baromedical Physicians Associates, Santa Ana, CA and as a practicing physician for Whitaker Wellness Institute, Newport Beach. He served 10 years as Physician, President and CEO of LifeLine Paramedical Services, Inc., Buena Park, before becoming Physician, President and CEO of BSM Medical, Inc., San Ramon, CA. Dr. Minow comes to WCHMC from Springfield, OR, where he was Medical

Director of Wound Care and Hyperbaric Medicine, responsible for managing overall operation of medical services and patient care at the McKenzie-Willamette Advanced Wound Healing Center.

"Wounds that fail to heal," Dr. Minow says, "are a sign that a person has underlying health issues. To heal chronic wounds, the focus needs to be placed on the whole patient, rather than only addressing the 'hole in the patient' with dressings and antibiotics. Once the underlying health issues are identified and managed, the patient will regain the ability to heal the wound.

"Because successful wound healing," he continues, "is patient-centered, rather than wound-centered, and different patients have different underlying problems and care needs, I strive to encourage patients to become equal partners in their care. To realize this goal, the team and I aim to help the patient understand why the wound is not healing, what options are available for treatment, and what expectations are required of them to achieve wound healing. With this information, patients can be at the heart of all decision-making.

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Cory Bergman MD joins Island Eye Physicians & Surgeons



Island Eye Physicians & Surgeons (IEP&S) has welcomed Cory Bergman MD to its staff. Recipient of multiple honors and awards, Dr. Bergman specializes in cataract surgery and general ophthalmology, complementing IEP&S's team of board-certified ophthalmologists who deliver comprehensive and first-quality eye care.

Dr. Bergman earned his Bachelor degrees, *summa cum laude*, while at Whitworth University, Spokane, WA, where he received the Whitworth Distinguished Collegiate Achievement Award, the Outstanding Whitworth Senior Biology Award and a Whitworth Religion and Philosophy Departmental Scholarship. Additionally a four-time NCAA All-American Athlete in Swimming, Bergman was honored with the Dennis Spurlock Award (so named for the former All-America quarterback). He received his Doctor of Medicine degree from the University of Colorado (UC) School of Medicine, Aurora, in 2014, and was a recipient of UC's Adler

Scholarship as well as The Doctoring Award 2014, presented by the UC School of Medicine and the Life Quality Institute, and given to one graduating senior "for demonstrating compassion, humanity, and respect for personhood in medicine." Dr. Bergman fulfilled his internship at Saint Joseph Hospital, Denver, CO, and his Ophthalmology residency at Loma Linda University, CA.

"I grew up in Whatcom County," Dr. Bergman said, "and my family and I are overjoyed to be back in the Pacific Northwest. The sense of vision is truly amazing and I feel fortunate to be involved in such a remarkable field. It is both a privilege and honor to have the opportunity to work with patients to preserve and restore sight."

Dr. Bergman is a member of the American Society of Cataract and Refractive Surgery and American Academy of Ophthalmology.

Island Eye Physicians & Surgeons is located in the Island Medical Center, 1213 24th St., Suite 300, Anacortes. To schedule an appointment with Dr. Bergman call (360) 293-2020.

Island Internal Medicine physicians transition back to full clinic duties

by **Olivia Fisher, Clinic Manager**
Island Internal Medicine/La Conner Medical Center

In 2006 the physicians of Island Internal Medicine (IIM), Drs. Llewellyn, Murray and Horesh, approached the Island Hospital (IH) administration with a proposal to provide inpatient hospitalist services. A hospitalist is a medical specialty which is dedicated to inpatient medicine, providing a full-time presence in the hospital which improves overall quality of care for the hospital and the patients. IH administration agreed it was time to start a hospitalist program, and the program developed and grew over the next 12 years.

In August, IIM physicians – Drs. Kotal, Horesh, Murray and Young – have stepped down from their duties as hospitalists at IH, feeling it was time to dedicate more time to their outpatient practice. Hence, a new group, TeamHealth, has assumed responsibilities for the hospitalist program. (These physicians will be featured in the Winter 2019 Heartbeats Magazine.)

The benefits for IIM patients and the community is that the physicians have increased



office-visit capacity by more than 50%. This will help ease the difficulty of getting in to see a physician and meet the growing demand to see a primary-care physician in our community.

Internal medicine is primary care for adults (like a pediatrician is for children). Most internal medicine physicians choose either inpatient or outpatient medicine to practice as they leave their training. The hybrid model of being both a full-time hospitalist on certain days and a full-time outpatient-clinic physician on other days (as was done by the physicians of IIM for 12 years) is actually extremely rare these days. Although such a hybrid practice is unusual and difficult, the physicians of Island Internal Medicine found it extremely fulfilling, challenging and rewarding.

Island Internal Medicine has two offices. The Anacortes office is located at 912 32nd St. and the La Conner office at 528 Myrtle St. Hours of both clinics are 8:30 a.m. to 5 p.m., Monday through Friday. Both clinics are accepting new patients and can be contacted at (360) 293-4343 for Anacortes and (360) 466-3136 in La Conner.

Christine Adkison achieves national award

Island Hospital Pharmacy Lead
Technician/Buyer
Christine Adkison was 3rd Place Awardee for the National Pharmacy Purchasing Association Outstanding Buyer of the Year Award. The award – presented at the association's August conference – honors exemplary work in pharmacy-purchasing leadership, improvement, creativity, attitude and cost savings. Adkison was also awarded a \$250 scholarship for education expenses.



"The Pharmacy is fortunate to have Christine as our buyer, she's a true team player willing to help out whenever and wherever needed," said Director of Pharmacy Ken Martin PharmD. "She is dedicated to excellence and continues to carefully evaluate and select vendors and manufacturers to cut expenses for our purchases of medications. She is also keenly aware of drug shortages and proactive in mitigating the effects it may have on patients and providers."

Anacortes Family Medicine welcomes James Abbey MD



Specializing in Internal Medicine, James Abbey MD has joined Anacortes Family Medicine (AFM) and is now seeing patients. Dr. Abbey received his Bachelor's degree from Austin College, Sherman, TX, and then was certified in Medical Technology by the School of Allied Health Sciences, University of Texas (UT) Southwestern in Dallas. He earned his Master's degree at the Graduate School of Biomedical Science, University of North Texas, Fort Worth, and his Doctor of Medicine degree, in 2014, at Texas Tech University Health Sciences Center, Lubbock, and fulfilled his residency at its Amarillo branch.

Early in his medical career, Dr. Abbey was employed as certified pharmacy technician by the Medical Center of Plano, TX, and later as medical technologist (Generalist) by UT-Southwestern. He comes to AFM from InfantRisk Center, Department of Pediatrics, Texas Tech University Health Sciences Center, Amarillo, where he served as medical researcher. In the research year between school and residency, he focused on how to safely use medications in breastfeeding women. He is credited with more than 20 completed research projects, publications credits and presentations in this field, online or in print.

"From treating complex conditions to common ailments, I enjoy continuity of care and encourage my patients to be a part of our decision-making process," Dr. Abbey stated. "My philosophy maintains that all aspects of an individual's wellbeing are interconnected, and I concentrate on providing comprehensive care for each patient. My training has prepared me to care for adult and aging populations with a compassionate, evidence-based and cost-effective focus."

Dr. Abbey – who is board-eligible in internal medicine and a member of the American College of Physicians – is taking new patients. For appointments call (360) 299-4211. Anacortes Family Medicine is located in the Island Hospital Medical Office Building, 2511 M Ave., Suite B, Anacortes.

Skagit Northwest Orthopedics introduces two new providers

Skagit Northwest Orthopedics (SNO) recently added two physician assistants to its staff.

Caryn Clippert PA-C



After earning her bachelor's degree in Electronic Media from George Washington University, Washington, DC, Clippert went on to distinguish herself by being the first Savannah

College of Art & Design student to graduate with an Master's of Fine Arts in Sound Design and by being listed in 2009's *Who's Who in American Professors*. She then enrolled in Smith College, Knoxville, TN, graduating in

2013 with a Master of Health Science degree in Physician Assistant Studies.

Working in or near Baltimore, MD, she was a lecturer at Towson University's Dept. of Electronic Media & Film (where she later became an adjunct professor until her move to the Northwest in April, 2018) as well as a PA-C at Northwest Hospital in Medicine, Surgery and Operating Room; MedStar Franklin Square Hospital in General Surgery and Orthopedics; and Mercy Medical Center, Institute for Foot & Ankle Reconstruction. She has twice presented original research for the American Academy of Physician Assistants (AAPA) and is a member of Physician Assistants in Orthopedic Surgery and the AAPA.

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Erin Flanigan ARNP joins Fidalgo Medical Associates

A registered nurse who was employed by Island Hospital from 2013 to 2017 in the Intensive Care Unit (ICU) and Acute Care, Erin



Flanigan ARNP furthered her skills and education and has joined the staff of Fidalgo Medical Associates (FMA) as an advanced registered nurse practitioner and is now seeing patients.

Flanigan received her Master of Science in Nursing, Family Nurse Practitioner degree in September 2017 from the Drexel University's College of Nursing and Health Professionals in Philadelphia, PA. Prior to this, she had attended the University of Alabama in Tuscaloosa to earn her Bachelor of Science in Nursing at its Capstone College of Nursing and a Minor in Computer Based Honors at its Honors College. (You can find her saying "ROLL TIDE" often during football season!)

"I am thrilled to join the FMA staff and happy to be back at Island Hospital working to provide healthcare services to the local community," Flanigan says. "When I'm not working, I can be found spending time with my husband, friends, and our two dogs or out in the local forest lands taking in our beautiful surroundings."

As a registered nurse, Flanigan specialized in trauma, surgical and medical ICU care. Now, as an advanced practice nurse practitioner, she focuses on disease prevention and is a member of the Academy of Nurse Practitioners and the Obesity Medical Association.

Fidalgo Medical Associates is located at 1213 24th St., Anacortes, and can be reached at (360) 293-3101.

Gayle Littlejohn RN, BSN, MBA named Director of Surgical Services

Serving patients and healthcare organizations since 1977 and highly skilled as a leader with extensive qualifications, Gayle Littlejohn RN, BSN, MBA has been selected to serve Island Hospital as its Director of Surgical Services.



In 1977 Littlejohn received her Associate degree in Nursing from Mt. Hood Community College, Gresham, OR, and in 1991, her Bachelor of Science in Health Care Administration from City University-Seattle. She earned her Bachelor of Science-Nursing (BSN) in 2015 from Phoenix University and her Master's degree in Business Administration

(MBA) from City University in 1997. In the meantime, she earned Lean Management certification (1997), her Six Sigma green belt (2008), Project Management certificate from Portland State University (2008) and a 2016 Oregon State March of Dimes Nurse of the Year award.

Far from all-inclusive, Littlejohn's recent professional experience includes:

- 2014-2017 Nurse Manager Surgical Services: Providence Seaside Hospital, Seaside, OR.
- 2010-2013 Patient Team Manager Urology, ENT & Physiatry; Regional Practice Administrator OB-GYN Urology; Department Administrator OB-GYN; and Assistant Department Administrator

Family Medicine & Nurse Treatment; Kaiser Permanente, Portland, OR.

- 2008-2009 Administrative Director Women's Services, Adventist Health, Portland.
- 2001-2008 Director Patient Care Services, Shriners Hospital for Children, Portland.
- 1994-2000 Director Surgical Services, St. John Medical Center, Longview, WA.

"I most enjoy the time I get to spend with patients and working with staff to make each patient's experience the best it can be," she says. "I have lived most of my life in the Pacific Northwest. Married and now with two grown children and one grandson, I was looking for a place just like Anacortes and feel fortunate to be with Island Hospital."

Pastor Sam Millen joins IH Volunteer Chaplains



Having lived in five countries and five states, Pastor Sam Millen loves human diversity and is comfortable working with people from varied backgrounds. He holds a Masters of Divinity from Andrews University, Berrien Springs, MI, and has completed one unit of Clinical Pastoral Education (CPE). While completing the CPE unit (as well as working on a per diem basis) Pastor

Millen has spent hundreds of hours as a hospital chaplain.

He believes we are more than physical beings. "The human spirit is expressed as much in humor as in depth, as much in joy as in grief," he says. "Listening is a lot of what I do, and am constantly in awe of patients and their loved ones whose stories reveal the depth of emotion felt in life's experiences, from drawing the first to the last breath."

"I love being part of a team," he adds, "whose mission is to deliver quality, compassionate and personalized healthcare to the communities we serve."

Pastor Millen also attended a Counseling Techniques course at James Madison University, Harrisonburg, VA, and was taught how crucial it is to L.U.V. (Listen, Understand and Validate) when helping a person identify his or her goals and resources – spiritual, emotional, or otherwise. "It was a wonderful experience, and Professor Emeritus J. Edson McKee constantly challenged me because he truly believed in my potential."

The current pastor at Anacortes Adventist Fellowship, Pastor Millen utilizes the Washington State Ferry system to commute between Anacortes and Orcas Island, where he lives with his wife Angie and their three children.

More information about Island Hospitals' Volunteer Chaplains program is available at numerous locations within the Island Hospital campus including the Resource Center and online at www.islandhospital.org/chaplains. Patients, families or visitors need only to ask a nurse to contact the volunteer chaplain or call (360) 661-4733.

Barb Aguero RN, CNOR retires after 37 years

Barb Aguero RN, CNOR, Department of Surgical Services, has retired after serving Island Hospital patients for 37 years. In July, a reception was held to honor Aguero that included family and friends as well as fellow hospital staff and leadership. Chief Executive Officer Vince Oliver and Chief Financial Officer Elise Cutter (right) were on hand to wish her all the best in retirement.



McKenna, Feist achieve annual awards

Island Hospital presents the annual Employee of the Year and Management Leadership awards at the employee recognition dinner each year. However, with this event taking place too late (May) to publish in the Spring Heartbeats, the awardees are recognized in this issue.

Engineering Director Mike McKenna selected for Management Leadership Award

Great leaders are the key to an organization's success. As Peter Drucker, the recognized "father of management" famously stated, "Leadership is doing the right things."

Island Hospital's 2017 Management Leadership Award (MLA) recipient Mike McKenna, Director of Plant Operations at Island Hospital, exemplifies the characteristics of management excellence.

"Great leaders set direction, build an inspiring vision, and guide people to achieve goals," said Vince Oliver, Island Hospital CEO. "Since Mike's first day at Island Hospital on Nov. 2, 2015, he has been a great leader."

"McKenna took over the hospital Plant Operations Department and built a first-class customer-service department for our patients and caregivers ensuring a safe, secure and well-maintained facility," Oliver said.

The MLA awardee is selected by vote of Island Hospital managers. Nominations for McKenna included these statements:

- "Actively listens to staff members"
- "Works to create reasonable resolutions for all parties"
- "Positive and easy going"
- "Mike says what he will do and does what he says"

Among McKenna's accomplishments was the implementation of a work-order management system designed to manage the department workflow and ultimately respond faster to work orders from all areas of the hospital.

In addition, McKenna took it upon himself to improve the method by which the hospital analyzes and prioritizes its capital budget, resulting in a fully formed recommendation to Administration for the budget year.



"We sincerely value and respect Mike's exceptional leadership skill, dedication and professionalism," added Oliver.

McKenna earned Bachelor's degree in applied mathematics from Old Dominion University, Norfolk, VA, and his Master of Arts degree in national security and strategic studies from Naval War College, Newport, RI. In 2015 he retired as a U.S. Navy Captain after 29 years of service.

Oncology Pharmacist Bernie Feist RPh selected Employee of the Year

As the dedicated pharmacist for the Merle Cancer Care Center, Bernie Feist RPh is thorough and ensures patients are getting the very best care. She works tirelessly with patients' insurance companies to find the most-affordable treatment options and to make sure the hospital is reimbursed appropriately.

Feist has also taken the initiative on cost-saving measures, such as close scrutiny of costly chemotherapy drugs. She commits to maintaining a strict inventory and conducting self-initiated audits. Feist is known for her attention to detail and exemplary customer service.

"Given a project big or small, Bernie finds a way to get it done with little or no supervision," said Director of Pharmacy Ken Martin PharmD. "Her expertise in cancer care makes her unique among her fellow staff pharmacists."

Feist pushes herself to grow in her field and achieve high standards. She maintains her board certification in pharmacy and continuously works to improve her clinical skills.

Feist received a Bachelor's degree in Pharmacy from the University of Kansas, Lawrence, where she graduated with honors. She is board certified as a pharmacotherapy specialist by the Board of Pharmaceutical Specialties.

Prior to her arrival at Island Hospital, Feist was a Clinical Pharmacist at Skagit Valley Hospital Pharmacy where among other duties she evaluated medication therapy, provided counseling, and supervised supporting personnel in medication preparation and distribution. She also has worked as a Clinical Pharmacist at Salina Regional Medical Center in Salina, KS and as a Clinical Specialist at Island Hospital.



Weekly blood-pressure checks prove (sometimes dramatically) helpful

Little did I know that I had a blood-pressure problem until I almost passed out last January while at the Lighthouse Care Center, where my husband had resided. Lucky me: It was a Wednesday morning, and I was told to go see Elaine Oliphant at Island Hospital because she is there every Wednesday, helping people by offering blood-pressure (BP) test. So off I went, and am I glad!

Following the BP test, Elaine said to me, "188 over 99," and quickly advised me to go see my doctor. This I did, and was quickly put on medication.

Elaine Oliphant, retired RN, is so helpful. She gives great information and advice, and I go to her almost every Wednesday. She doesn't merely screen for BP but also deliv-

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Lou Ferguson has her blood pressure checked by Elaine Oliphant at the Resource Center at Island Hospital.

Care Coordination: What it can mean for you

We are fortunate to have a quality healthcare system in this community that strives for easy access and follow-up care. Across the U. S., however, the system is fragmented, and care for patients with chronic conditions can be uncoordinated with services duplicated, e.g., lab/x-ray orders, redundant appointments, etc. This lack of coordination can result in poor outcomes with avoidable emergency visits, hospitalizations and re-admissions – basically, not meeting patients' needs.

Quality healthcare is, first and foremost, intended to serve you and eliminate stress placed on you or your loved ones when the way is not clear. This is why Island Hospital has developed a no-cost Care Coordination Program for patients with chronic conditions including diabetes, asthma, COPD/emphysema, coronary artery disease or heart failure. We recognize that understanding and managing such conditions can bring on a sense of dread rather than ease. Island Hospital can help you do something about that!

"Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime."

Your Care Coordinator will:

- Meet with you, one-on-one – in person, via the myIslandHealth patient portal or via phone.
- Help you navigate the healthcare system.
- Educate you in ways that "de-mystify" your condition.
- Provide ongoing support between provider visits by
 - ✦ Answering your visit follow-up or medication questions.
 - ✦ Assisting you with prescription refills.
 - ✦ Assisting you with referrals.
- Manage your medications and treatment plans.
- Schedule follow-up appointments and services.

Care Coordination takes into account the paradox of change: When a person feels accepted for who they are and what they do – no matter how unhealthy – it allows them the freedom to consider change rather than needing to defend against it.

We urge you to ask your primary-care provider if Care Coordination might benefit you.

More information is available at the Resource Center, throughout the hospital campus or by calling (360) 299-1300 ext. 5671.



Katie Hartman RN (left) with patient Jan Wolfe at the Island Hospital Farm Stand. Hartman helps coordinate care for Island Hospital Family Care Clinics patients.

I was gaining weight faster than I could say "scale." I didn't feel quite right and didn't know why. I decided I should be tested.

Shortly before this, I had, at last, found a doctor who listened to me and respected my whole person. Dr. Wilhelm told me that the test showed elevated blood glucose and that I had prediabetes. I would need to make many lifestyle changes to bring down the glucose levels lest they continued to elevate and bring on type 2 diabetes. She knew I'd have many questions and recommended I see Katie (Care Coordinator Katie Hartman RN).

Since then, I have been amazed by her knowledge of the resources available to me, many of them free. She has led me to find educational classes and the right diet (with encouragement to stick to it). She knows not only where but also how to get things done.

When I told Katie I had been plagued by hip pain for over three years but none of my previous doctors had been concerned, she advocated for me and enlisted my doctors' help to order the MRI that showed I needed hip-replacement surgery. She then contacted a home-health agency to help prepare me for the procedure beforehand as well as provide post-surgery rehab.

Katie is what you would like in a friend. Throughout this journey, she's walked alongside me, linking arms. "We can do this!" she says.

Jan Wolfe

Auxiliary continues to fund projects for Island Hospital, our community

By Betty-Anne Ely
President, Island Hospital Auxiliary

For many years the Island Hospital Auxiliary (IHA) has supported community members who have needed a Lifeline medical-alert device to stay in their homes but did not have funds to do so. On Jan. 1, 2018, Island Hospital discontinued its operational association with Philips Lifeline; because of this there has been confusion as to whether this service is still possible through IHA.

The Auxiliary has been able to continue funding its CURRENT Lifeline scholarships because of the generous support of the Anacortes Noon Kiwanis Club, Soroptimist

International of Anacortes and the Anacortes Lions Club. Additionally, our annual Penny Drive was successful again this year, raising \$547 to be used solely for our Lifeline project. Lifeline members in Skagit County who pay monthly for this service can still do so by paying directly to Philips.

Several years ago, our club committed to purchasing the needed over-bed tables for the new patient beds. To date we have been able to provide 22 new tables – which, at \$600 each, is quite a feat for this small group!

Everything we earn through our events is given back to the hospital or community services that work to improve our overall health needs. The only exception is the Lifeline proj-

ect, for which the Penny Drive monies are always set aside solely for Lifeline and supplemented by our general funds.

We have a busy year ahead, living up to our mission statement: "Work collaboratively with Island Hospital leadership to raise funds to support, promote and participate in special projects and services for the benefit of Island Hospital, its patients and our community's health." New members are always welcomed!

We continue to distribute Vial of Life kits, mostly to physician offices, which is most gratifying; and end-of-life issue discussions are now paid for by Medicare – so important

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Fact Check: Misconceptions about headache causes

by Michael Jones MPAS-C
The Headache Clinic at Island Hospital



The oldest misconception about headaches is that they are “simply caused by stress.” This is never the case. That misconception probably started because more women suffer from headaches than men, and in the Victorian age (and before) it was considered a sign of frailty. It is true that stress can aggravate virtually any pre-existing disease, such as diabetes or heart disease. The International Headache Society does not list “stress headache” or even “tension headache” as legitimate types of headache.

“Headaches, especially headaches in the face or forehead, are caused by sinus problems.” Wrong. This misconception was fueled by marketing programs of several over-the-counter medications in the sixties and seventies. They showed an outline of the sinuses (which were usually throbbing) and saying that if you hurt there, then you probably have “sinus headache.” The remedy was their medication. Their medications were usually a pain medication and a vasoconstrictor. Those medications did relieve the symptoms (reinforcing the belief that it was a sinus problem) although it was more likely a type of migraine. The sinuses can cause pain when they have disease, such as acute sinusitis, which would show up on a CT scan. But recurrent headaches are usually not related to the sinuses. The International Headache Society does not list “sinus headache” as a legitimate headache type.

“Headaches are usually caused by tight muscles.” Wrong. While it might feel like tight muscles, scientific studies of the involved muscles (using EMG) show no tightness during most headaches. When someone tells a headache sufferer that they can “feel the tightness in certain muscles” or

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The next generation of pain treatment is here in regenerative medicine

By Herbie Yung MD
Skagit Northwest Orthopedics



Each person’s body contains its own healing and growth factors that help to heal certain injuries such as bruises, cuts and bumps. Two technologies have been developed from this natural process of healing and are called “regenerative”: platelet rich plasma (PRP) and placental tissue injections. What are they? How do they work?

- PRP: Your own blood is drawn and spun down using a centrifuge to concentrate the growth factors into a smaller volume. It can then be injected back into the body’s tendons and joints – such as the knee, shoulder or hip. The concentration of growth factors recruits other healing factors and stem cells to the distressed area as your body attempts to repair and heal itself. PRP has been shown to help

patients with a variety of conditions that include osteoarthritis, tendonitis and joint injuries. Since your own blood products are injected back into your body, the chance of developing any allergic reaction is extremely unlikely.

- Placental tissue injections: Based on a similar idea, this technology utilizes already shed placenta and not live fetal stem cells. The placenta is part of a developing fetus and donated from mothers after scheduled Caesarean sections. The tissue is sterilized and the cells and growth factors are extracted from the amnion and chorion, processed, and then packaged into vials. As one can imagine, a placenta contains plenty of growth factors that are required in the growth and development of a fetus, but is no longer needed when the fetus miraculously emerges as a baby.

Due to cost and availability, these technologies were previously limited to elite athletes

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Pets are an important part of many patients’ lives, an important bond that is addressed in care by Hospice of the Northwest. Here, Monte the miniature horse has his mane braided by a patient.

Peace of Mind for Patients with Pets

People bond with pets in much the same way they connect with family. According to Jonathan Jordan LCSW, who studies the human-animal bond, belonging to social groups that include humans and animals greatly benefits our society. It is therefore not surprising that during the most important and challenging life stage, the end-of-life journey, pets play a critical role.

“For many patients, keeping a beloved pet nearby is a significant part of providing compassionate and dignified care,” said Bob Laws, Executive Director of Hospice of the Northwest. “Finding a home after they pass may be one of the most important pieces of unfinished business that worries a patient.”

Recently, Hospice of the Northwest partnered with Pet Peace of Mind, a national program that helps patients keep their beloved pets at home. The program provides volunteer pet-care services and ultimately foster care for the pet when a patient dies.

We believe patients deserve to have their closet companions with them at end of life, and now through Pet Peace of Mind and volunteers in the community, Hospice of the Northwest is able to honor that goal. If you are interested in learning more about our program, contact Erin Long at 360-814-5588 or elong@hospicenw.org.



Providing exceptional surgical services

Compassionate care meeting patients' personal needs

Island Surgeons (IS) is comprised of three outstanding board-certified surgeons specializing in general, thoracic, breast and laparoscopic-surgery services. The clinic has been a vital part of healthcare serving western Skagit County, northern Whidbey Island and the San Juan Islands for more than 40 years.

The clinic has earned a reputation for excellent service, exemplary patient relations and commitment to the health of our community. IS joined the Island Hospital organization in 2009, a move deemed necessary to continue its focus on providing personal service to each and every patient and their family.

IS was started, and has grown to meet the specific demand for surgical services in our community, including those for:

- Colon, rectal
- Breast
- Gallbladder
- Hernia
- Port-a-cath
- Skin
- And more

Island Surgeons

1213 24th Street, #700, Anacortes

(360) 293-5142

www.islandhospital.org/islandsurgeons

SURGERY PATIENT COMMENTS

M. Leah Oman MD exemplifies commitment to patients, community

Facing a possible breast cancer diagnosis, I was referred to Dr. Oman about three years ago. I was terribly nervous about my appointment but was immediately impressed by the professionalism and quick response from Dr. Oman and her staff. She settled most of my nerves quickly and assured me that she would do everything in her power to make sure the insurance company would approve my diagnostic mammogram.

She put aside personal time to litigate with my insurance company. After the approval, I was diagnosed with Stage 3 invasive ductal carcinoma. My family and I were petrified, but when Dr. Oman shared the experiences of her personal journey, she helped us make the most important decision of my life.

After my double mastectomy, Dr. Oman held up my family, physically and emotionally. She took time from her personal and professional life to call and make sure that everything was okay – day or night, she needed certainty that we were getting the healthcare we needed.

She and her staff have set their standards high with commitment to not only healthcare but also faith, family and community. I feel blessed to have her as a doctor, as an angel and as a gift shared by us all.

Heather Zeilstra

(Island Surgeons continually receives accolades from current and former patients. For more patient testimonials about the great surgery care provided by IS physicians, visit www.islandhospital.org)



Former Leah Oman MD and Island Surgeons patient Heather Zeilstra (right) shares a waterfront moment with her partner Patti Wells and grandson Nathan Felix.

Joseph Mulcahy MD, FACS

- MD, Saint Louis University, St. Louis, MO
- Chief of Surgery, Granville Medical Center, Oxford, NC
- Chief of Surgery/Chief of Staff, Maria Parham Hospital, Henderson, NC
- Fellow in the American College of Surgeons (FACS)
- Member, Southern Medical Society, Society of Laparoendoscopic Surgeons, Southeastern Surgical Congress



M. Leah Oman MD

- MD, Texas Tech University Health Sciences School of Medicine
- Residency, General Surgery, Palmetto Health Richland, Columbia, SC
- Fellowship in Breast Disease, Comprehensive Breast Center, Palmetto Health Richland
- Chief of Surgery, Willow Creek Women's Hospital, Johnson, AR
- Member, American Medical Association, American Society of Breast Surgeons.



Bryan Potter MD

- MD, University of Cincinnati
- Fellowship, Surgical Oncology, MD Anderson Cancer Center, Houston, TX
- Residency (Chief Resident), Department of Surgery, Jewish Hospital, Cincinnati
- Surgeon, Coshocton County Memorial Hospital, Coshocton, OH
- Member, American Board of Surgery, American Board of Venous & Lymphatic Medicine.



Health & Wellness

Classes

All classes at Island Hospital require registration unless specifically stated in the class description. For classes with a fee, prepayment is also required.

Please note that some classes cannot be held without a minimum number of participants and some classes have a registration cap. You will be notified if a class is cancelled. A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class. If you show up to a class without registering, we cannot guarantee space in the class.

THREE EASY OPTIONS FOR REGISTRATION

- Visit www.islandhospital.org/classes
- Email communityed@islandhospital.org
- Call (360) 299-4204

Classes

ADVANCE HEALTHCARE DIRECTIVES

Where There's a Will, There's a Way

Join a trained advance care planning facilitator for a detailed workshop that will guide each participant through completing advance healthcare directives. Participants will go home with a finished copy to share with loved ones and their medical providers.

When: Friday, October 26, 1 – 3 p.m.

Where: Anacortes Senior Activity Center

Cost: \$15

Contact: 360-293-7473 for information on how to register

BIRTH AND BEYOND

“Very educational. Very much enjoyed the class. Instructor answered all questions asked. It was a comfortable class to attend and understand.” –

Breastfeeding Matters class participant

Breastfeeding Matters Class



Topics include getting started with breastfeeding and its benefits, breastfeeding in the early weeks of postpartum, in special situations and while working. Specific questions are welcomed and will be addressed. This class is

open to pregnant and postpartum women and their babies.

When: Monday, November 19, 5 – 6:30 p.m.

Monday, January 21, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25/per couple or individual (covered by Apple Health)

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

Car & Booster Seat Clinic



Drop in to have your car and booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. 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 appointment required, please just drop in.

When: Thursday, December 13, 2 – 4 p.m.

Thursday, February 14, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 360-299-1309

Grand-parenting Class



Are you a grandparent to a young child or an expecting grandparent? If so, this is the class for you. Whether or not your grandchild is being born at Island Hospital, you can learn what has stayed the same in childbirth, infant care and early development and what has changed over the years. This class describes ways grandparents can offer support and assistance to a new family. Class will include a tour of the birth center and time for participant discussion.

When: Thursday, October 25, 6:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25/per couple or individual

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

Infant Massage Class



Learn how to use massage as a way to connect with your baby. This class will discuss and demonstrate ways massage can be used to help manage colic, sinus issues, improve digestion and increase your baby's positional awareness of

his/her extremities. Participants should plan to bring their baby, a blanket and massage oils to the class. Suggested oils include olive oil, grapeseed oil or sunflower oil. Wear comfortable clothing and expect to spend time on tumbling mats with your baby practicing massage techniques.

When: Tuesday, November 6, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

Six-Week Childbirth Education Classes

This six-week class is designed to prepare parents-to-be for the arrival of their new baby. Participants will learn essential skills and develop confidence as they approach the end of pregnancy, labor, birth and early parenting. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVDs, hands-on practice and guest speakers.

When: Tuesdays, November 6 – December 11, 6 – 8:30 p.m.

Tuesdays, January 8 – February 12, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$95/per couple or individual (covered by Apple Health)

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

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



Weekend Childbirth Education Classes

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

When: Sat. & Sun., December 1 & 2, 10 a.m. – 6 p.m.

Sat. & Sun., February 9 & 10, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$130/per couple or individual (covered by Apple Health)

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

SPECIAL FORUM

Headache Forum



Headache specialists James Moren MD and J. Michael Jones MPAS-C will present a review of headache research, new discoveries, diagnosis and the latest in treatments. There will also be ample time allotted for questions from those who attend. Reservations are required.

When: Wednesday, November 7, 5:30 - 7 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

DIABETES

Keto Diet for Heart Health & Diabetes Management



The ketogenic diet is a low carbohydrate diet that has been proven to help manage blood sugar and control weight loss. Individuals with type 2 diabetes and heart disease will learn the basics of the ketogenic diet and how it may improve

their health.

When: Tuesday, November 27, 3 – 4:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Jan Priggee RN, CCRP

DRIVER'S SAFETY

AARP Smart Driver

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

When: Wednesday, November 28, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Madeline Rose

ESSENTIAL OILS



Instructor: Michelle Mahler of Circle of Healing Essential Oils has been leading workshops at Puget Sound area co-ops and schools since 2004.

Aromatherapy

Learn how aromatherapy can provide stress relief. In this interactive class we will smell, mix and test several recipes. You will leave the class with the confidence to work with essential oil remedies in the future.

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

Where: Fidalgo Room

Cost: \$25, (includes massage oil blend & recipes)

Winter Skincare Basics

Winter can be harsh on your skin. Learn how to make healing skin and haircare products using essential oils, jojoba oil, vitamin E oil, rosehip and borage seed oil. You will leave the class with a personal skin or hair blend and will have recipes to make additional blends in the future.

When: Wednesday, January 23, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$35, (includes skincare blend)

HEALTH CARE PROFESSIONALS TRAINING

HIV/AIDS Training for Licensure

Island Hospital offers a DVD-based, four-or seven-hour HIV/AIDS training. Participants will take a test during the training. A certificate of completion will be provided with successful completion of the course. This course is offered in English only. If translation is needed, it is up to the participant to coordinate.

When: Monthly, call for dates

Cost: FREE (residents of Skagit, Island & San Juan Counties) \$30 for non-residents

Registration: 360-299-1309

HEALTH INSURANCE

Medicare 101: Understanding Your Medicare Choices

Do you need help deciphering the Medicare puzzle? Join us to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection.

When: Monday, January 14, 1 – 2:30 p.m.

Monday, February 11, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

Medicare Open Enrollment

Join us to learn about the annual Open Enrollment period and your opportunity to make changes to Medicare Prescription Drug Coverage (Part D) and Medicare Advantage Plans (Part C) for 2019. Important timelines for making changes and information on how to research your options will be covered.

When: Tuesday, October 23, 1 – 2:30 p.m.

Tuesday, October 30, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

“Excellent information provided!”

– Medicare 101 class participant

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

MEDITATION



Instructor: Jan Hodgman MA has more than 40 years of meditation experience.

Meditation for Everyday Living

Resolve to bring more ease and peace into your life! Meditation has been clinically proven to reduce stress, blood pressure, anxiety and help with restful sleep. This gentle three-session class includes guided exercises, attending to what's immediately present in our experience and an invitation to being rather than doing.

When: Tuesdays, January 8, 15 & 22,

6:30 – 8:30 p.m.

Where: Cypress Room

Cost: \$48

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

Ergonomics



Are you having pain during your work day? If so, this class is for you! Research shows proper desk set-up can decrease work related injuries. This course will provide resources to help adjust your work station to best

fit your body, as well as education on proper posture.

When: Tuesday, December 4, 1 – 2 p.m.

Where: Computer Training Room

Cost: \$5

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

Improving Your Aging Memory



Is your memory not quite what it used to be? Join an Island Hospital speech-language pathologist to learn strategies and activities to improve your memory and keep your mind sharp.

When: Wednesday, December 5, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

“Instructors are very cheerful, helpful and knowledgeable.”

– Osteoporosis: Exercise & Nutrition class participant

Osteoporosis: Exercise & Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong from an Island Hospital physical therapist and registered dietician. Come prepared to try some exercises you will be able to do at home.

When: Wednesday, December 12, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructors: Allison Blackwell PT, DPT & Suzie DuPuis RD

Pelvic & Bladder Health



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 from a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, November 15, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom, MPT

“Thank you so much! I think these exercises will really be helpful to me. The instructor’s enthusiasm for the subject really came through and motivated me.”

– Pelvic & Bladder Health class participant

SPECIAL EVENTS

Stop the Bleed



What would you do in a mass shooting event or if you came upon a car accident? In large tragic events, many victims will die from uncontrolled bleeding. The Stop the Bleed program, teaches bystanders how to stop bleeding until first responders arrive. This course will teach the correct techniques for applying a tourniquet, packing a wound and how to properly apply pressure dressings. Participants will also learn how to identify certain wounds and the special care those wounds require. A certificate of completion will be provided at the end of the training to participants that are able to successfully demonstrate their ability to Stop the Bleed.

When: Tuesday, November 13, 2 – 4 p.m.

Wednesday, January 9, 10 a.m. – noon

Thursday, January 24, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Stop the Bleed Instructor

Skagit Adult Day Program Lunch & Learn

Local experts share knowledge and insights regarding elder care over a light homemade lunch.

When: 1st Tuesday, 12:30 – 2 p.m.

Where: Anacortes Christ Episcopal Church

Cost: FREE

Contact: Gentry House, 360-293-4466

Free Blood Pressure Checks

**Every Wednesday!
9 a.m. - noon**

Island Health Resource Center

Call 360-299-1309
for more information.

CANCER SUPPORT

Better Together – Supporting Women with All Cancers

Women with a current diagnosis of any cancer are welcome to join a community of support. Weekly meetings involve sharing, educational segments and guest speakers. You do not need to be a patient at Island Hospital to attend.

Call for dates

Merle Cancer Care Center Conference Room

Contact: Danah, 360-588-2082

Cancer Caregiver

A supportive space for anyone caring for someone, or is affected by someone, living with cancer.

2nd Monday, 3 – 4 p.m.

Merle Cancer Care Center Conference Room

Contact: Danah, 360-588-2082

Individual Counseling

Individual counseling is offered by a Master's level, licensed social worker and available to anyone living with and/or anyone affected by cancer. This service is open to the community; participants do not need to be patients at the Merle Cancer Care Center to qualify. Insurance may cover the cost of this service. Appointments required.

Contact: Danah Peace Laws LICSW, OSW-C, 360-588-2082.

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

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

Contact: 360-299-4242

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.

Contact: 360-299-4242

HEALTH INSURANCE

In-Person Assisters (Non-Medicare)

Island Hospital offers free appointments with an In-Person Assister. This program is intended to help individuals (not on Medicare), understand the details regarding enrollment for health insurance through the Washington Healthplanfinder.

Contact: 360-299-4924

SHIBA (Medicare)

Need free help understanding Medicare or health insurance connected to Medicare, Part D prescription coverage, the "extra help" program or more? Island Hospital's SHIBA program has expert volunteers trained by the Office of the Insurance Commissioner available to give free, unbiased information. Serving western Skagit County and Orcas, San Juan and Lopez islands.

Contact: 360-299-4212

MENTAL HEALTH

NAMI (National Alliance on Mental Illness)

NAMI Skagit provides support, education and advocacy for people with mental illness and their families within Skagit County. NAMI Skagit offers support groups and classes.

Contact: Skagit HELPLINE: 800-273-8255

Suicide Prevention Lifeline: 800-273-TALK

PREGNANCY, CHILDREN AND FAMILIES

Access to Baby and Child Dentistry (ABCD)

Did you know that regular dental care is recommended to start before an infant's first birthday? Families with children up to age 6 can call Skagit County's ABCD program for help with dental care for their children.

Contact: 360-416-1523

Center for Maternal & Infant Care

Pregnant and have Apple Health? Maternity support services through Island Hospital can help! Services consist of preventative health education to support a healthy pregnancy and baby, and includes a multidisciplinary team consisting of a registered nurse, lactation consultant, nutritionist and social worker. The Center for Maternal & Infant Care helps connect expecting moms to community resources.

Contact: 360-293-3101

Nurse-Family Partnership

First-time moms who are eligible for Apple Health or WIC can enroll in Skagit County's Nurse-Family Partnership (NFP) program. Moms are paired with nurses who meet with them from early pregnancy until their child turns two, providing personalized information and support for a healthier pregnancy and a more confident parenting experience. Services are provided by Skagit County Public Health at no cost to families.

Contact: 360-416-1523

Skagit Healthy Beginnings Phone Line

Child & Family Health staff at Skagit County Public Health provides information and referrals to help families of pregnant women and young children find activities and services that promote health, development and well-being.

Contact: 360-630-8352 (call or text)

Monday – Friday

Women, Infants and Children (WIC) Nutrition Program

The WIC program serves families on tight budgets, providing healthy foods, nutrition education, breastfeeding support and linkage to health and social services. WIC serves families with infants and children up to age five and women who are pregnant, breastfeeding or post-partum. WIC is an equal opportunity provider and does not discriminate.

Contact: Anacortes WIC office: 360-416-7595, Swinomish Indian Health Clinic: 360-466-3167

TEENS

Anacortes Teen Clinic

The Teen Clinic is free of charge for teens (age 18 and under). The clinic is open on Wednesdays from 2 – 5 p.m. and is located at 2601 M Ave., Suite C, Anacortes. Drop-ins are welcome.

Anacortes Teen Clinic Services:

- Family planning
- Contraceptive education and supplies including condoms, birth control pills and emergency contraception
- Pregnancy testing
- Sexually transmitted infection prevention education

Contact: 360-293-6973

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 dietitians for an individual dietary session. Insurance may cover cost.

Contact: 360-299-1300, ext. 2567

Resources & Support Groups

SUPPORT GROUPS

Alzheimer's Association - Caregivers

2nd Monday, 1 p.m.
Westminster Presbyterian Church, 1300 9th St.
Anacortes
Contact: Ann, 360-299-9569

Better Breathers

3rd Tuesday, 1 – 2 p.m.
Burrows Room, Island Hospital
Contact: Jim, 360-299-4242

Grief

Every Wednesday, 3:30 – 5 p.m.
Fidalgo/Burrows Room, Island Hospital
Contact: Doug, 360-202-1699

Kidney

Meets quarterly, (call for dates)
Anacortes Senior Activity Center
1701 22nd St., Anacortes
Contact: 360-293-7473

NAMI Mental Health

4th Thursday, 7 – 9 p.m.
United Methodist Church of Anacortes
Contact: Virginia, 360-421-7331

Parkinson's Disease

3rd Thursday, 1:30 – 3 p.m.
Fidalgo/Burrows Rooms, Island Hospital
Contact: Jerry, 360-293-2185

Restless Leg Syndrome

Call for dates
Fidalgo/Burrows Rooms, Island Hospital
Contact: Charlotte, 360-293-7328

Rooms and times are subject to change. Please call contact before attending any support group. For more information about these support groups, please call 360-299-1309.

Breast, Cervical and Colon Health Program: free cancer screenings for eligible women and men

Citrine Health administers the Breast, Cervical and Colon Health Program (BCCHP) for the Washington State Department of Health, offering free cancer screenings for uninsured and underinsured residents of Washington.

The program focuses on low-income individuals who are in need of screening with a focus on reaching those that have never or rarely been screened. Citrine Health urges those residing in Island, San Juan, Skagit, Snohomish, Pierce and Whatcom Counties and who feel they may be eligible to contact its regional office at (425) 259-9899 or toll-free at (888) 651-8931.

Who is eligible?

Eligible are people who are uninsured and do not qualify for Apple Health, or are underinsured. ("Underinsured" can include those whose health plan does not cover diagnostic screenings or who can't afford the out-of-pocket costs to get screened.) Those who meet this first eligibility requirement may then be eligible for free cancer screenings if they are:

- Women between 21 and 64 years for cervical screening
- Women 40-64 for breast screenings. (Funding is also available for women ages 18–39 experiencing breast symptoms.)
- Men and women between 50 and 64 years for colon screening.
- Women or men who meet low-income criteria.

Below is an abbreviated chart of income criteria used in determining eligibility.

family size	monthly income	annual income
1	\$2,529	\$30,350
2	\$3,429	\$41,150
3	\$4,329	\$51,950
4	\$5,229	\$62,750

Last year, Citrine Health's BCCHP program paid for 1539 separate breast and cervical screenings in their region involving 1224 mammograms, 623 pap smears, and 205 colon-cancer screenings. They also paid for diagnostic work-ups on abnormal findings including colon polyp removal, breast biopsies, diagnostic mammograms, breast ultrasounds, ductograms and surgical consultations. The screenings found 17 pre-cancer and invasive breast cancers, 11 high-to-severe cervical dysplasias, and 18 clients needing polyps diagnosed.

Women diagnosed with breast or cervical cancer are eligible to be transitioned onto insurance for treatment through BCCHP. Citrine Health-BCCHP encourages those who don't have health insurance or who can't afford their current insurance plan to check out new options made available by the Affordable Care Act:

- Washington Apple Health. This expanded Medicaid program is free and now covers more people.
- Qualified Health Plan. Those ineligible for Washington Apple Health may still qualify for a low-cost health plan.

To learn if you qualify for Apple Health or to apply for a Qualified Health Plan, go to www.wahealthplanfinder.org

BCCHP is a state-wide program. Additional information on this and many more programs is available at www.doh.wa.gov.

Better Nights = Better Days (at school)



School performance can suffer due to sleep disorders — believed to affect as many as 30% of our children.

WE CAN HELP!
360.299.8676 FOR INFO OR APPOINTMENT

Symptoms include:

- Bedtime refusal
- Sleepwalking
- Excessive daytime sleepiness, irritability
- Bed wetting • Insomnia
- Mood, behavior or school problems



**ISLAND HOSPITAL
SLEEP WELLNESS
CENTER**

1110 22nd St., Anacortes

HCA Center of
Excellence/Preferred
Provider



www.islandhospital.org/sleepwellnesscenter

Sponsored by the Island Hospital Foundation

Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required.
When: Tuesday, February 12, 10:30 a.m. – 12:30 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Blood Pressure Checks

BEAT IT! Fight Heart Disease 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:

Health Resource Center

Every Wednesday, 9 a.m. – noon

Anacortes Senior Activity Center

Last Tuesday of the month, 9 – 10:30 a.m.

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, January 22, 9 – 11 a.m.

Where: Health Resource Center

Cost: \$5

Cholesterol & Glucose Screening

BEAT IT! Fight Heart Disease This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. No appointment required. *Please do not arrive prior to 7:30 a.m.* Call 360-299-1309 for questions.

When: Tuesday, October 23, 8 – 11 a.m.

Tuesday, January 15, 8 – 11 a.m.

Where: Health Resource Center

Cost: \$10 (insurance may cover the cost of your screening)

Diabetic Foot Screening

NEW!

In observation of National Diabetes Month the Wound Care Center is offering a foot screening. This non-invasive screen will check for common foot issues that may result from diabetes including neuropathy, poor circulation, and loss of sensation. Appointments are required.

When: Monday, November 19, 9 – 11 a.m.

& 1 – 3 p.m.

Where: Health Resource Center

Cost: FREE

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 19, 9:30 a.m. – 4 p.m.

Where: Health Resource Center

Cost: FREE

Memory Screening

NEW!

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? Are finding words, expressing thoughts, or planning and following through with a schedule becoming more difficult? If so, our Speech Language Pathologists can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. They can also provide strategies to help you improve in these areas of difficulty in order to help you succeed. Appointments are required.

When: Tuesday, November 27, 1:30 – 3:30 p.m.

Tuesday, January 29, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

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, November 6, 9 a.m. – noon

Where: Health Resource Center

Cost: FREE

Swallow Screening

Concerned about your swallow? Do you cough or clear your throat frequently when eating or drinking, have wet sounding vocal quality, have conges-



tion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms, meet with a speech-language pathologist to determine if you might have a swallowing disorder. Appointments are required.

When: Tuesday, November 13, 1:30 – 3:30 p.m.

Tuesday, December 11, 1:30 – 3:30 p.m.

Tuesday, January 8, 1:30 – 3:30 p.m.

Tuesday, February 5, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Vitamin D Screening

This screening will determine the level of vitamin D in your blood. Studies have shown that low levels of vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions. Appointments are required.

When: Tuesday, October 30, 9 – 11 a.m.

Where: Health Resource Center

Cost: \$30

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



**Please give blood
at Island Hospital**

Monday, December 17
10 a.m. - 4 p.m.

Fidalgo/Burrows Rooms

Call 360-299-1309
for an appointment.

IHF welcomes three new members to its Board

The Island Hospital Foundation (IHF) has been extremely fortunate in attracting individuals of broad experience, remarkable skills and keen foresight to serve on its Board of Directors. The three individuals introduced below are no different, and their combined assets are certain to complement those of existing Board members as they endeavor to provide fiscal oversight and stewardship, set policies and goals, as well as fundraise for the organization to meet its objectives.

Laura Brown-Snider

HSSE/Assurance Manager for the Shell Anacortes facility, Laura Brown-Snider had spent much of her career working in and around safety for employees and environmental services at industrial facilities in California and Texas before arriving in Anacortes in May of this year.



“While living and working in Contra Costa County, CA, I served on the Leadership Team for the Cancer Support Community in Walnut Creek,” she said. “I very much enjoyed the role which provided me the opportunity to give my time and talents to a worthy cause that supported cancer patients, free of charge. The Center provided counseling, support groups, nutrition assistance, exercise classes and education for cancer patients and their families. I found my role in this very fulfilling. I now look forward to being part of the local community and volunteering some of my time to support Island Hospital through the Foundation in its endeavors to help uplift and sustain a great healthcare facility.”

Brian Hayes

Raised in Bellingham, Brian Hayes attended Washington State University, majoring in Business Administration. Following college, he worked as a senior claims adjuster for Farmers Insurance, where he met his wife Shannon. In 2000 he took a job at Fuller & Thaler Asset Management as an Operations Specialist. After two years, he was promoted to Director of Operations. One year later, he was promoted to Vice President and became a shareholder in the firm. He remained in this capacity for 13 years until moving back to Washington State to be closer to family, settling in Anacortes in 2014.



“When considering joining the Board,” he said, “my wife and I were invited to attend the reception that featured the new 3D mammography unit. I was struck by the fact that the Foundation’s tireless efforts have such long-lasting, tangible benefits and positively impact so many lives in our community. I cannot think of a more worthy organization to which I can lend my support in the greater Anacortes area than Island Hospital.”

Jennifer Mann

For 35 years prior to opening Tides of Anacortes, Jennifer Mann worked in the adhesives industry, where her various roles provided keen understanding of customer service, sales and sales management. She was ultimately named Director of Global Sales and Marketing. Mann and her husband Torben moved from California to Anacortes in 2005, and in 2015 Mann retired from her executive role and decided to open Tides – which is now her full time job.



“My husband and I have attended several galas to benefit the hospital,” Mann said, “as we have always felt strongly that we should support our local hospital. Four years ago, we lost my mother in three short weeks, and nothing became more important than accessibility to good healthcare facility. I was reminded of how vital Island Hospital and the Foundation truly are. I feel very fortunate to now hold a seat on the Board and serve the hospital and community with both my acquired skills and vision.”

IHF Digital Donor Wall invites as it honors

Eighteen months in the planning, the new IHF donor wall (located on the east wall of the reception area at the main 24th Street entrance) was unveiled in June, and the care put into its content and design was apparent to all.

A committee comprised of individuals representing the Foundation, the Hospital Commissioners and all affected hospital departments – from Engineering to Information Systems – met to plan and review the wall’s progress based on four major criteria: The wall must be (1) a thoughtful recognition to our supporters, (2) representative of our community, (3) easy and cost effective to update and (4) easy to maintain. The new wall does all that and more.

The names of our donors (since 2005) are reflected on acrylic film beneath the glass and on the adjacent digital display. These, along with donation levels, will be updated annually. The vibrant, backlit display is constantly changing with local landscapes, architecture and citizens



IHF Director Jeannette Papadakis (left) and Development Coordinator Christy Lyman at the new donor wall.

photographed by local photographers whose aim was to reveal the Anacortes we hold dear.

To the left, a dedication panel proclaims:

We are profoundly grateful to our family of supporters who make it possible for us to honor our promise, commitment and mission: quality,

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Golfers Ace the 17th Annual Island Hospital Golf Classic

Golfers teed-up real green for Island Hospital and the Island Hospital Foundation (IHF) at the 17th Annual Golf Classic. In addition to raising funds for IHF, golfers completed 18 holes of golf all the while enjoying comradery and some good, old-fashioned fun. “Again, another stellar year,” shared one participant, “It’s an honor to attend and be affiliated with your hospital.”

Each golfer received a Nike golf backpack, was provided a BBQ lunch, unlimited beverages and wrapped up the day with a rollicking awards banquet.

While foursomes took to the fairways, golfers participated in a number of on-course competitions that kept the day lighthearted and fun. Longest Drive, Closest to the Pin, and the Casino Hole contests are always favorites. First-time sponsor, China City, hosted the Wine Toss at the 17th hole.

All 140 golfers did more than just participate in a memorable day of golf; they championed the healthcare needs of our community. In fact, the Golf Classic netted an all-time high of \$64,368 – the proceeds of which are 10% above the previous year!

“All of the proceeds from the event,” said IHF Director Jeannette Papadakis, “go directly to funding programs such as our Health Resource Center, free and low-cost health screenings, the Island Hospital Mental Health School Intervention Program and patient-assistance programs.

“In addition to thanking the golfers themselves,” she added, “we wish to express grati-

tude to all the sponsors and vendors that shared the day with us; those who provided raffle and silent-auction items, on-course cuisine and other contributions. They, along with the hard work of many volunteers, made this year’s event such a tremendous success.”

Winners Recap

1st Place Low-Gross Team and winner of the Vince Oliver Cup: Ogden Murphy Wallace Law (Don Black, Wayne Tanaka, Greg Ott, Drew Pearsal)

1st Place Low-Net Team: Intalere Team #1 (Ken Freeman, Dave Hardy, Mark Creed, Randy Linemeier)

2nd Place Low-Gross Team: Chad Fisher Construction (Dan Fisher, Duke Fisher, Marlin Fowler, Chris Jensen)

2nd Place Low-Net Team: Parker Smith Feek (Jeff Murphy, Tim Nierman, Ryan Roberts, Mike Repp)

KP (Closest to the Hole) winner: Bob Lama – Proforma Marketing Solutions

Longest Drive Men: Duke Fisher – Chad Fisher Construction

Longest Drive Women: Crystal Eddy – Skagit Bank

Grand Raffle Prize Winner: Brandon Schuh – Property Trio

View tournament photos at <https://www.islandhospitalfoundation.org/event-pictures/>



Winning the Vince Oliver Cup as the team with the lowest gross score was the Ogden Murphy Wallace foursome. OMW has been a major sponsor of every Island Hospital Golf Classic.

Remembering

The Island Hospital Foundation received gifts to remember and honor those listed here between April 1 and Sept. 30, 2018

MEMORIALS:

Joanne Anthony	Chuck Moore
Judy Busch	Margaret Marie Murray
Les Cooper	Cheryl Palmer
Thomas F. Evans	Mary Papadakis
Ernie Ghezzi	John J. Phillips
Dr. George Gjerset	Meri Van Luven
Robert Krause	Jordan Weber

IN HONOR OF:

Joanne Andricos	Margaret Eggstrom
Dr. Mark Backman	Julie Wollam
Dr. Jody Cousins	Charlotte Yablonsky & Richard Cole
Dr. Justin Curran	

To remember or honor someone with a donation, please send the person’s name and type of remembrance requested along with a check payable to “Island Hospital Foundation.” Mail to: 1211 24th Street Anacortes, WA 98221

Info: (360) 299-4201

WALL continued from page 20

compassionate healthcare for the communities we serve.

Beneath it are words written by physician, philosopher and philanthropist Dr. Debasish Mrida: “Giving without expectations is the ultimate secret source of abundance.”

The donor wall is an invitation, and you are invited to view its representations of community, generosity and love of neighbor in selflessness. We admire and honor those who have supported our hospital and extend an invitation to all to join our IHF family. Please stop by the Foundation office, or visit www.islandhospitalfoundation.org to learn more.



Tax-Smart Tips for Tax-Smart Supporters

By giving generously, you may reduce your taxable income and support what you care for and love!

- Instead of writing checks, consider saving capital gains tax by making a gift of stocks, bonds or mutual funds to Island Hospital Foundation. The tax advantage could be substantial.
- If you are 70 ½ or older, you can give directly from your IRA to a qualified charity such as the Island Hospital Foundation without having to pay income taxes on the money.
- Designating the Island Hospital Foundation as a beneficiary of all or part of a retirement account is a popular way to give, and it may reduce taxes paid by your estate or heirs. It usually takes only a few minutes to do!

To learn more about planned giving, please contact:

Jeannette Papadakis
Island Hospital Foundation Director
360.299.4247
jpapadakis@islandhospital.org
or visit our website at myihf.org.
Island Hospital Foundation
EIN #91-1030686



Holding up a couple of the ten quilts created each month, are ChemoQuilters (from left) Pati Dever, Suzanne Lockridge, Sue Trczinski, Carol Jones, Ruth Sturing, Mary Bame, Patti Sutter, and Cathy Berk.

ChemoQuilters sew comfort

On Wednesday mornings at 10, in the Fellowship Hall of Westminster Presbyterian Church, a small number of quilters begin to filter in, and the work resumes.

In 2005 Shelly Withall, former owner of an Anacortes quilting business, envisioned stitching lap quilts to comfort cancer patients undergoing chemotherapy during their treatments. Today, an average of 10 quilts per month is meticulously created in this ongoing effort.

These lovingly made quilts are delivered to the Merle Cancer Care Center (MCCC) and

the North Puget Cancer Center, each with a label containing the name of the group and the quilter's name on the back.

"We're one of many groups whose hand-made items are donated to the hospital gift shop, newborns and chronic-care patients," said ChemoQuilter Pati Dever, "and it's gratifying to know that our gifts are so appreciated."

"We donate all fabrics ourselves," she added, "but quilt batting is our biggest expense. Should anyone care to donate funds for batting or wish to join our merry group, please call me at (206) 714-7359."

HEADACHES continued from page 11

that the sufferer "carries their stress in [certain] muscles", that usually cannot be validated by objective testing. Treatments, such as Botox, do not work by relaxing muscles, but rather by quietening pain nerves.

"Sometimes the only treatment for headaches is pain medication." Wrong. Frequent use of pain medications almost always makes headaches worse over time. They suppress the pain for a few hours, but then cause the headaches to come back at a higher intensity. Yet there are 10 or so nonpharmacological treatments that can prevent headaches. There are more than 25 medications that, when taken daily, can prevent headaches. There are new anti-bodies ("migraine vaccine") that can prevent headaches from coming with no side effects, and there are several FDA approved electrical and magnetic devices that have been proven to prevent or treat bad headaches.

J. Michael Jones MPAS-C practices at The Headache Clinic at Island Hospital, located at the lower level of the Medical Office Building, 2511 M Ave., Suite C, Anacortes. For appointments call (360) 299-4929.

DR. MINOW

continued from page 5

“Chronic wounds are a silent epidemic. Because of this, getting care for a wound can be scary. I hope that by placing the patient at the center of care and educating them on what to expect, our team can help patients overcome their fears and guide them through the journey to wound closure.”

The Wound Care & Hyperbaric Medicine Center is located in the Medical Arts Pavilion at 1015 25th St., and can be contacted at (360) 899-4600.

BLOOD PRESSURE

continued from page 9

ers good education and listens to what I have to say. She talks with me prior to testing, and I finally realized that she was lowering my blood pressure before taking the test.

Her questions and advice really helped me: the timing of food and pills intake followed with the BP test an hour or two later – twice a day, morning and night, 12 hours apart – is so important! Elaine says, “Be consistent.”

She has me save all of my testing in a tablet, and she reviews that weekly, explaining to me what is happening. She is so thorough! I can't say enough good things about her!

Once, my reading was 200 over 94, and Elaine quickly suggested that I go see my doctor straightaway! This I did, and he quickly increased that medication. I'm slowly improving, and I have Elaine to thank for this! She is like an angel who comforts us all, who helps us and gives correct advice. I love talking with her and appreciate her so much!

Lou Bergeson

Anacortes

Free blood-pressure checks are offered each Wednesday at the Resource Center from 9 a.m. to noon.

PAIN TREATMENT

continued from page 11

and celebrities. Though not covered by insurance, we are glad they have now been made more affordable for use by the general public.

Who is a good candidate for orthopedic regenerative medicine?

Each person is different and should be evaluated as such. We evaluate what therapies, injections or surgeries a person has had as well as other factors that include the condition that we're trying to treat, how severe that condition is, and what other medical conditions the individual has that might exclude him or her from having the procedure.

SKAGIT

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Janelle Shah PA-C



With a Bachelor of Science degree from Albany State University, Albany, GA, Shah entered the Post Baccalaureate Premedical Program at Drexel University College of Medicine, Philadelphia,

PA, where she earned her Masters of Interdisciplinary Health Science. She then studied at Christian Brothers University, Memphis, TN, graduating in 2016 with Masters in Physician Assistant Studies.

Shah's four-week clinical rotations were served at various Memphis-area hospitals and included cardiology, inpatient, psychology,

emergency medicine, pediatrics, intensive care, general surgery, urology, obstetrics/gynecology and urgent care. She also fulfilled an eight-week rotation in orthopedics.

Between 2008 and 2012, Shah additionally volunteered at 10 healthcare organizations, shadowing practicing physicians and a pharmacist at six locations while assisting provision of patient care.

Shah gained valuable experience during her two years as a healthcare surveyor for Pioneer Marketing Research Group, Norcross, GA. A Navy wife, she came to SNO in September 2018 from the Neurological & Orthopedic Institute of Florida, Jacksonville, where she worked as a physician assistant.

Skagit Northwest Orthopedics has two locations in Anacortes: 2720 Commercial Ave. and 1017 20th St. For appointments call (360) 424-7041.

AUXILIARY

continued from page 10



The Island Hospital Auxiliary again held a summer gathering on the Cap Sante Boat Haven docks, courtesy of the Port of Anacortes.

to our community. The vials are stocked at the Resource Center at Island Hospital, the Island Hospital Foundation office, the Main Fire Station, Windermere Realty and the Senior Activities Center. They are offered at no charge to our community.

Mark your calendars for Friday, November 9, 7:30 a.m.-noon: Miniature Tree Sale

We will include “Miriam's Pillows” as well

as candle arrangements this year. Come early to get your tree choice! Our gratitude to the Henery family of Sebo's Anacortes for their donation of the trees.

For more information about the IHA – new members are always welcome – contact Auxiliary President Betty-Anne Ely at (360) 840-3038.

The procedure itself is no more painful than any other joint or tendon injection. We use local anesthetic to numb the skin and the patient may experience some soreness from the needle. Depending on which body part we are delivering the medicine to, we may use an ultrasound or fluoroscope to help guide the needle to the precise location. This helps ensure that the medicine gets into the correct spot.

Herbie Yung MD practices with Skagit Northwest Orthopedics. For appointments call (877) 418-7920.

Island Hospital
Foundation
1211 24th Street
Anacortes, WA 98221

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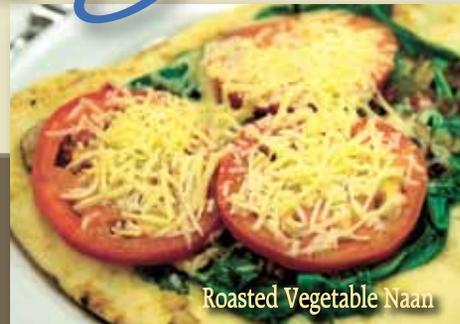
ECRWSS Resident

Dinner at the Bistro!

The Bistro at Island Hospital offers delicious, nutritional, affordable dinners using the freshest, local ingredients.

ENJOY FRESH, made-to-order selections!

- Organic & locally sourced, whenever possible
- Hormone & antibiotic-free
- Lean proteins, fiber-rich legumes, whole grains



Roasted Vegetable Naan



Cobb Salad

Only \$6.49!
(Including entrée,
vegetable & starch)


**Island
Bistro**
The Bistro at Island Hospital
1211 24th Street, Anacortes

Dinner served 4-7 pm
Weekdays (excluding holidays)



Pan-Fried Fish Sandwich

Browse our menu at www.islandhospital.org