



ISLAND HOSPITAL

Fall 2019

Heartbeats

Magazine



**ISLAND EARNS MEDICAL
FOUR-STAR RATING AGAIN!**

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Commissioner Message

Selection of IH Chief Executive Officer near

By Warren Tessler, President

Island Hospital Board of Commissioners



Over the past months, the Island Hospital Commissioners have worked with COORS Leadership Capital to find the next Chief Executive Officer for Island Hospital.

As we go to press with this issue of *Heartbeats Magazine*, we have held interviews with a select few of the original 251 applicants and have held discussions with our final two candidates. We expect to

have a decision, and contract in place, by the time you've received this issue.

COORS has facilitated many successful searches for public-hospital districts and understands how critical the local hospital CEO is to our close-knit community. The selected candidate must be a good fit with the hospital's culture, a strong communicator and an experienced leader. COORS has done an excellent job in working to understand Island Hospital and the communities we serve, bringing us an impressive group of professionals from which to select.

Over the past four months, our interim CEO Elise Cutter has lead the hospital in a most admirable way. This is no surprise to the Commissioners who work with her regularly. We were certain that she would keep Island Hospital services, projects and plans moving forward, even bringing some new strategies and tactics to improve our services and bottom line. I have often been asked – from people inside and outside the organization – if she applied for the permanent position. She did not, but has displayed her exceptional leadership and visionary capabilities. On behalf of the Board, I want to commend Elise for her willingness to take on this added challenge, and the thoughtfulness she puts into each decision. Once the new CEO is in place, she will resume her role as Chief Financial Officer.

In addition, I would like to commend Interim Chief Operating Officer Ann Raish and Interim Chief Nursing Officer Janine Wentworth RN, MN, for stepping up so quickly and providing significant insight and perspective to address ongoing issues.

On behalf of the Commissioners, we appreciate the support we've gotten from the community as we go through this process. Changing CEOs is difficult, but part of the natural lifecycle of any organization. I applaud our Medical Staff, executive leadership, management team and staff for their focus on providing the highest-quality patient care and customer service. I especially want to commend our patient-care staff – physicians, advance-care professionals, nurses, therapists, assistants and support staff – for maintaining a Four-Star rating by the Center for Medicare Services. Medicare standards are rigorous, and closely monitored and measured to ensure appropriate care.

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.



Robert P. Rieger MD steps into role as Chief of Staff

This fall, Robert Rieger MD took on the position as Chief of Staff at Island Hospital (IH). With 26 years of experience at IH and in practice at Island Family Physicians, Dr. Rieger looks forward to representing the staff and leading the Medical Executive Committee.

Every two years the IH Medical Staff elects a chief to serve as a liaison between the medical staff and hospital administration. The Medical Staff is made up of more than 180 physicians and allied health professionals across a broad range of specialties.

As Chief of Staff, Dr. Rieger will lead the Medical Executive Committee as it reviews policy and medical staff activities.

"My goal as Chief of Staff is to represent the Medical Staff in a professional way that supports all the specialties in the hospital," says Dr. Rieger. "I also hope to keep the focus on the patient experience, emphasizing the importance of the relationships between the patient and the provider. Quality in medicine, to me, is more than a metric—it's about the care experience."

"It's really an honor to be in a position of leadership at Island Hospital. I want to be a voice of reason in the vortex of change. As we face new challenges, I hope with my 26 years of experience of working in this hospital I can bring some perspective to the table as we move forward."

Dr. Rieger observed that one of the major challenges in healthcare right now is the constant change that providers and medical facilities face. Changes in healthcare delivery are driven by the growth of data, government policies, and insurance companies' models. "I believe that the Medical Staff's responsibility is to evaluate the changes we're being asked to make and to make sure that they improve the health of the community—that they aren't just change for change's sake. It

see CHIEF continued on page 23

ON THE COVER:

Island Hospital has achieved a Four-Star Rating by Medicare as a result of a caring and highly professional staff. This is reflected in the multidisciplinary team that performs inpatient "rounding" – a daily sharing of information and discussion regarding each Acute Care and Intensive Care patient – to ensure the best-quality care is provided. On duty were (from left) TeamHealth Hospitalist Kimberly Bell MD, Care Management Social Worker Karla Smith MSW, Acute Care Nurse Kessa Holms RN and Physical Therapy Assistant Gesila Driver PTA.

As I See It...

By Elise Cutter, IH Interim Chief Executive Officer



Realigning, expanding, recruiting, building for greater access

It's an exciting time here at Island Hospital as we make progress with major facilities improvements, enjoy great success with our physician-recruitment efforts and hire a new Chief Executive Officer.

We have been focused on several major infrastructure projects at Island Hospital over the past few months. Thanks to the taxpayers of our District, Island Hospital is in the process of replacing the roof on the original portions of the hospital. This project also includes updates to our HVAC system and upgrades to our wireless network. Like any major infrastructure project it has come with its challenges and we appreciate the community's patience during this time. We anticipate completion by March 2020.

Island Hospital has also invested in upgrades in technology. One example is the implementation of an automated drug dispensing system called Pyxis. This system is designed to increase patient safety and improve pharmacy inventory control. The system went live at the end of July.

You may have noticed recent facility upgrades at Anacortes Family Medicine (AFM) and Fidalgo Medical Associates (FMA). Earlier in the year we expanded The Walk-In Clinic at AFM, including a separate waiting area, and relocated our Obstetrics & Gynecology at FMA into adjacent, dedicated space. These moves have allowed us to add new primary care providers which has increased access to care for our community.

Along with the facilities upgrades this year, Island Hospital has worked to improve access to care for our community with the addition of new providers. In the past twelve (12) months we have recruited seventeen (17) new providers. Their specialties include pri-

mary care, psychiatry, sleep medicine, wound care, general surgery and obstetrics/gynecology. You will see some of these new physicians highlighted in this addition of Heartbeats. Island Hospital will continue our recruitment efforts in primary care and specialty areas over the next year to continue to improve access and establish new service lines in order to meet the needs of our community.

I would like to take this opportunity to thank the Board, Medical Staff and employees of Island Hospital for all they do to ensure we deliver quality care to our patients. As the Interim CEO I have had the pleasure of reading countless letters and emails praising the compassionate care that is delivered. I have also had the opportunity to see the quick and thorough response from our leadership team and staff when we receive a letter from a patient or their family that identifies areas of improvement. I am continually impressed with the dedication and passion of those that work at Island Hospital and feel privileged to be part of this team!

I would also like to thank our patients for choosing Island Hospital and Clinics for their healthcare needs. It is our Promise to you that your best healthcare experience begins at Island Hospital. Where we always place your emotional and medical needs first and foremost.

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

Do you need a primary healthcare provider?

Island Hospital primary-care clinics Anacortes Family Medicine and Fidalgo Medical Associates have openings for new patients with the providers listed below. To make an appointment, please call 360-293-3101.

Anacortes Family Medicine:

- Brandon Greene MD, Pediatrics
- Les Richards MD, Pediatrics

Fidalgo Medical Associates:

- James Abbey MD, Internal Medicine
- Sharon Brown AGPCNP-BC, Family Medicine
- JoAnn Eastman ARNP, Family Medicine
- Susan Jordan PA-C, Family Medicine
- Tari Roche DO, Family Medicine

Other Anacortes-based primary-care clinics are also accepting new patients:

- ELMM Clinic: 360-399-7732
- Island Family Physicians: 360-293-9813
- Island Internal Medicine: 360-293-4343

If you have questions or want help selecting a primary-healthcare provider, please contact the Health Resource Center at Island Hospital, 360-299-1397.

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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

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(Secretary)

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Our Promise

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

Island Hospital earns 4 stars from CMS

Island is one of only 14 Washington hospitals ranked a Four-Star Hospital by Medicare, based on patients' survey responses and other data. The overall rankings summarize quality measures and compare results of hospitals across the U.S.

"We can always improve," said Denise Jones RN, IH Chief Patient Care Executive, "but achieving this high ranking confirms the value of our efforts to continually provide the best quality patient care."

The Centers for Medicare & Medicaid Services (CMS) use data collected for quality measures

publicly reported on the Hospital Compare website (www.medicare.gov). The data is called HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) that cover a wide range of patient responses. Measures used to determine ranking include:

- Mortality rates
- Safety of care
- Readmissions
- Patient experience
- Effectiveness of care
- Timeliness of care
- Efficient use of medical imaging



"Earning this four-star ranking is a result of our efforts to provide the best quality care," said Interim CEO Elise Cutter. "This honor is shared by each and every Island Hospital employee and physician, as well as our Board of Commissioners."

The IH Promise

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

Island Hospital provides a wide range of services for our community. As a small hospital, we understand that patients often need to obtain more-advanced services outside our area. Island Hospital providers will coordinate exactly what you need as they have established relationships with the best specialists for any medical need. Your provider can then monitor the out-of-town care and keep you close to home for your rehabilitation and recovery and any other services you may need.

Mary Beth Robinson MS RD/LD CDE leads new Diabetes Education Program at IH



Mary Beth Robinson MS RD/LD CDE is taking on the role of Diabetes Care and Education Coordinator to lead a new diabetes-education program at Island Hospital (IH) that begins in October. The Diabetes Self-Management Education program teaches patients to manage their diabetes by providing tools and support to stay healthy. Before attending sessions, patients must have a referral from their primary-care physician and be evaluated by the diabetes educator.

The program follows a design set forth by the American Association of Diabetes Educators (AADE). Under supervision of a certified diabetes educator, patients learn and practice a seven-point framework for personal diabetes care that includes healthy eating, physical activity, monitoring blood glucose, taking medication, problem solving, healthy coping and reducing risks.

Patients who join the program work with Robinson and agree upon a personal plan based on their individual assessed needs and concerns. They attend group lectures, interactive sessions and one-on-one meetings with the educator that develop healthy habits and provide skills for effectively managing their own diabetes. After completion, patients receive continuing support as needed.

More than a year in development, IH's Diabetes Education Program meets strict accreditation standards set by Centers for Medicare & Medicaid Services, the American Association of Diabetes Educators and the American Diabetes Association. With support from Island Hospital Foundation (IHF) and the Anacortes Lions Club, the program began accepting patients by referral only in October.

Robinson has been a clinical dietitian at IH since January 2017 and has worked toward establishing a diabetes-education program since she joined the staff. She is a certified diabetes educator and holds a Master's degree in nutritional science from the University of Oklahoma and a Bachelor's degree in dietetics from Northeastern State University in Tahlequah, OK. A diabetes educator since 2011, Robinson is certified in adult weight management and has a background in fitness training.

Though her specialty is in diabetes education, Robinson says that her passion is in disease prevention. She loves to teach about maintaining an active lifestyle and making food choices that go beyond dieting. She enjoys helping patients achieve wellness and gain lifelong healthy practices through education, sustainable nutrition, and exercise.

"I am mindful of the amount of dedication, perseverance, focus, and time it takes to reach our health and fitness goals in between work, leisure and life," says Robinson. "My love for health and wellness goes beyond the scope of fitness and nutrition. It is about creating an avenue that individuals can grasp hold of and form into a lifestyle they will enjoy."

Anyone who feels that the Diabetes Education Program at Island Hospital would benefit them should speak with their provider about eligibility and referral.

Expanded hours make it easier to get your mammogram

We know you are busy and sometimes just can't get to the hospital for an appointment during your work day. That's why Island Hospital has extended hours for mammography appointments – Tuesday and Thursday evenings until 8 p.m. and Saturdays, 8 a.m. to 4:30 p.m.

One in eight women will develop breast cancer in their lifetime and mammograms are the most effective method for early detection. Island Hospital recommends women age 40 and older should begin annual mammograms and our Diagnostic Imaging Department offers the latest 3D technology.

Three things you should know about 3D mammography

- Easier to find smaller cancers sooner.
- Better for women with dense breast tissue.
- Reduces unnecessary callbacks.

With Island Hospital's extended evening and Saturday hours, there's no excuses...it's time to make your health a priority! Call 360-299-1315 to schedule your mammogram today.

Fidalgo Medical Associates welcomes three new doctors

With a focus on family medicine, internal medicine and women's health, Fidalgo Medical Associates (FMA) adds three new providers to its staff this fall.



Kelly Fellows MD, Ob/Gyn

Dr. Kelly Fellows joins FMA to practice obstetrics and gynecology. She received her Medical degree from the University of Minnesota School of Medicine and completed a residency in obstetrics and gynecology at Stamford Hospital in Stamford, CT. She holds Bachelor's degrees in biology and

history from the University of Washington.

During her residency, Dr. Fellows received the Senior Resident Teaching Award. Twice her peers elected her to the Gold Humanism Honor Society, once as a medical student and once as a resident. She is the recipient of several awards for clinical performance and research.

"I think it's really important to treat the whole person," says Dr. Fellows. "I like to get to know my patients and learn about their lives and environment, to treat them in context." She enjoys working collaboratively with patients, especially women, and helping to empower them with knowledge of their health.

After growing up in Lake Stevens, WA, she is thrilled to return to the area. She looks forward to exploring Anacortes with her husband, Richard, and 8-month-old son, Jack.



Alan Craig Thom DO, Family Medicine

Dr. Alan Craig Thom comes to FMA from Oregon, where he most recently practiced family medicine and osteopathic manipulative treatment (OMT) at Adventist Health Primary Care Clinic in Happy Valley, OR.

After earning a Bachelor's degree from Reed College in Portland, OR, he taught at the Portland Waldorf School, the Shining Mountain Waldorf School in Boulder, CO, and at the Humanus-Haus in Berne, Switzerland.

After 20 years as a teacher, Dr. Thom returned to school and earned his Medical degree from Western University of Health Sciences in Pomona, CA. He completed a residency in family medicine and osteopathic manipulative treatment at Skagit Valley Hospital, in Mount Vernon, WA.

"Accepting my patients as they are and helping them find the next step toward wellbeing is my goal," says Dr. Thom about his approach to patient care.

With a strong interest in personalized primary care, Dr. Thom utilizes evidence-based medicine and incorporates treatments such as osteopathic manipulation, dry needling and integrative therapies. He is experienced in providing care for all ages.

Dr. Thom and his wife, Pat, are excited to move to Anacortes. They feel connected already, having passed through frequently on the way to Camp Orkila with their three children and enjoying three years at Skagit Valley Hospital in residency.



Jon Peterson DO, Family Medicine

In December, Dr. Peterson will practice family medicine at FMA. Dr. Peterson most recently worked as a physician at McChord Air Force Base Family Medicine Clinic and at the Jay Clinic at Madigan Army Medical Center at Joint Base Lewis-McChord in Washington. He's been an urgent-care physician at the Shelton Family Medicine Walk-In Clinic in Shelton, WA, and worked at clinics in Lacey, Olympia, and Hoodport, WA.

As an active-duty Air Force Physician from 1992-96, Dr. Peterson served in Croatia during Operation Provide Promise in 1995.

With a passion for sports, Dr. Peterson has been the team physician for Capital High School in Olympia, for St. Martin's University in Lacey and for the Black Hills High School volleyball team in Tumwater, WA. "Taking care of athletes is very rewarding," he says. "They want to be better yesterday!"

Dr. Peterson earned his Medical degree from the Texas College of Osteopathic Medicine, in Fort Worth, TX, and he completed a residency in family practice at the University of Massachusetts Medical Center in Worcester, MA. He has Bachelor's degrees in psychology and pre-medicine from the University of Washington, where he also rowed for the men's crew team from 1980-1984.

"My approach to medicine incorporates a focus on prevention and responsibility for good health," says Dr. Peterson. "I help identify risk factors and encourage patients to choose personal wellness."

Dr. Peterson and his wife Kara are both northwest natives. After living in Olympia for the past 23 years, they look forward to joining the Anacortes community. They intend to explore the San Juan Islands and the local area on their own and, occasionally, with their two adult children, Brenna and Karl.

Drs. Fellows, Thom and Peterson (starting in December) are accepting new patients. Fidalgo Medical Associates is located in the Island Medical Center at 1213 24th Street, Suite 100, in Anacortes. For appointments, call 360-293-3101.

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Island Surgeons

Island Surgeons (IS) specializes in general, thoracic, breast and laparoscopic surgery, providing services to Anacortes, west Skagit County, north Whidbey Island and the San Juan Islands. The clinic prioritizes compassionate care that meets patients' needs, and it strives to maintain excellent patient relations and surgical services throughout its practice. IS recently welcomed two new surgeons to its staff, Kieran F. Melody MD and Keri E. Weigle MD.



Kieran F. Melody MD

Dr. Melody holds a Bachelor's degree in Psychology from the University of California, Berkeley, and he earned his Medical Degree in 2013 from the University of California, Davis. He completed surgical residency at Albany Medical College in Albany, NY.

With training heavily focused on laparoscopic minimally invasive surgery, Dr. Melody performs a wide variety of general surgery procedures for benign and malignant diseases including breast, thyroid, parathyroid, intestinal, and hernia repair.

"I strive to provide the highest quality surgical care that is compassionate, appropriate and effective for the treatment of health problems and the promotion of good health. I place the welfare and the rights of my patients above all else," said Dr. Melody.



Keri E. Weigle MD

Dr. Weigle comes to IS from Santa Rosa, CA, where she has been providing general surgery and endoscopy procedures to patients at Santa Rosa Memorial Hospital and Petaluma Valley Hospital since 2016.

She received a Bachelor's degree in Sociology from Covenant College in Lookout Mountain, GA, and holds a Medical Degree from the University of Maryland School of Medicine in Baltimore. After finishing a residency in general surgery in 2014 at the Virginia Commonwealth University Health System in Richmond, VA, she completed a fellowship in multi-organ transplantation and hepatobiliary surgery at the David Geffen UCLA Medical Center in Los Angeles, CA.

Calling herself extremely meticulous, Dr. Weigle constantly works on ways to minimize the invasiveness and discomfort associated with surgery while maintaining high quality outcomes. She employs techniques, including laparoscopic surgery, that can be tailored to the individual patient's medical needs and personal preferences to reduce pain and decrease recovery time.

"One of the greatest compliments I receive from my patients is that they know I listen to them and care about them," says Dr. Weigle. "It's a priority for me to understand the goals and needs of each individual as we decide on a surgical approach together. I enjoy helping each person in my care to understand their

Providing exceptional surgical services

Compassionate care meeting patients' personal needs

Island Surgeons is comprised of three outstanding surgeons specializing in general, thoracic, breast and laparoscopic-surgery services. The clinic has been a vital part of healthcare serving west Skagit County, 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 physicians treat a range of surgical needs related to the colon, rectum, breast, thyroid, hernias, skin and more. In addition, the surgeons offer port-a-cath placement and removal and, for some patients, mesh-free hernia surgery.

In addition to its three general surgeons, IS has Rodger Althoff MD, a board-certified surgeon, dedicated to performing colonoscopies.

Island Surgeons is located at 1213 24th Street, Suite 700, Anacortes. For more information, call 360-293-5142 or visit www.islandhospital.org/islandsurgeons.

surgical issue, and to understand the medical and procedural options for addressing it. It is my goal to earn my patients' confidence so that we can be partners in achieving a great outcome."

Katrina Gardner MD joins Island Family Physicians

Dr. Katrina Gardner has joined the staff at Island Family Physicians (IFP). Dr. Gardner came to Anacortes from eastern Washington, where she practiced family medicine with Providence Northeast Medical Group in Colville, WA.

Dr. Gardner holds a Bachelor's degree in Neuroscience from Smith College in Northampton, MA. She earned her Doctor of Medicine degree from the University of North Dakota School of Medicine and Health Sciences and completed the rural-training track residency in Family Medicine at Providence Sacred Heart Medical Center in Spokane and Providence Mount Carmel Hospital in Colville, WA.

She was recognized as Family Physician of the Year 2012 by the Northeast Washington Medical Group in Colville, and she received the Bristol Myers Squibb Award for Excellence in Graduate Medical Education in 2012, a national award from the American Academy of Family Physicians.

Prior to her medical training, Dr. Gardner served as a Peace Corps volun-



teer in Nepal, teaching English and health in public schools. She also worked with UNICEF to restructure water sanitation training materials so that local women could benefit from the presentations, and she led HIV/AIDS awareness campaigns for communities.

Dr. Gardner enjoys obstetrics and pediatrics in her practice. She's an advocate for early literacy and is helping to launch the Reach Out and Read program at IFP. This program incorporates books into well-child exams to help increase literacy by age five.

A recipient of the MaryAnn O'Hara Physician Leadership Award for breastfeeding education, Dr. Gardner developed a breastfeeding curriculum in medical school that was adopted nationwide. She continues to promote lactation support services and training for providers.

The daughter of a colon-cancer survivor, Dr. Gardner is a strong proponent of open and easy access to colonoscopies. She pursued endoscopy in her training and values the ability to provide this service. "My father was

see GARDNER continued on page 22

Bluhm, Barker 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 (mid-May) to publish in the Spring Heartbeats Magazine, the awardees are recognized in this issue.

Tom Bluhm, 2018 Leadership Management Award



Tom Bluhm's leadership of the Information Systems (IS) Department through the entirety of 2018 has been nothing short of outstanding. His leadership of his highly technical staff and management of the organization's employees affected by the implementation of a state-of-the-art electronic medical-record system (EMR) demonstrated a high level of competency and tireless commitment to excellence in installing a complex software/hardware product into an equally complex hospital environment.

His calm demeanor and even-handedness were instrumental in keeping the Core Team Leads (CTL) on track and supported, even when situations became tense and deadlines threatened. Bluhm's adherence to timelines and milestones and his organizational skills resulted in an extraordinarily effective implementation that spanned clinical applications and revenue cycle applications. In fact, others external to the organization commented on the incredible level of success in the implementation as measured against the industry-wide standards.

It is important to note that, while 2018 was largely consumed with this extraordinary EMR implementation, it was not the only thing

Karrie Pike welcomed as Director of Dietary Services

Karrie Pike has joined Island Hospital (IH) as Director of Dietary Services. She will manage the food and beverage program at IH, which encompasses staffing, training and budgeting for the Bistro and inpatient food service.

Pike holds a Bachelor's degree in Nutrition and Natural Health Science from Bastyr University and recently served as the Chief Nutritional Officer for Evolving Nutrition, a nutraceutical distributor in Mukilteo, WA. She's been a dietetic technician at Overlake Hospital in Bellevue, WA, and Food Service Director at Columbia Crest Care and Rehab in Moses Lake, WA.

Calling herself a "foodie" at heart, Pike says she believes that Hippocrates had it right when he said, "Let food be thy medicine, and let medicine be thy food." She looks forward to bringing her passion for healthy eating to guests, staff and patients at Island Hospital. "Good nutrition is the foundation to overall health and wellness," says Pike.

In terms of patient care, Pike places great importance on the value of listening to patients' requests, opinions and recommendations. "We take the patients' opinions and recommendations seriously and build those into the changes we are implementing on a daily basis," she says. "I strive to treat each patient as an individual always. I understand that most patients do not feel a sense of control while they are in the hospital. My goal is to give them as much control over their food as possible, hoping to empower them and increase their nutrition, leading to increased healing and increased wellness into the future."



which exemplified Bluhm's leadership. His work on the Medical Information North Sound-Network, InReach (outreach program for Laboratory Services), and other interfaces were all well-managed and helped elevate the exceptional patient care delivered by Island Hospital's direct caregivers.

Connie Barker, 2018 Employee of the Year



If you have ever been to The Walk-In Clinic in the evening, on a weekend, or on a holiday . . . you have had the honor of meeting Patient Account Coordinator Constance "Connie" Barker.

Hired in October 2014, Connie continues daily to express her enthusiasm and appreciation for being an employee of Island Hospital. Barker has taken her role of being the face of our organization seriously each shift she works. Quickly, Barker began to exude the Island Hospital Promise with every interaction she has with a patient, their family members, her coworkers and anyone else she has the opportunity to interact with.

Barker believes that everyone benefits from hearing positive comments, and she goes out of her way to incorporate positive statements in every conversation she has. Barker consistently thanks service members for their contributions to our country and quite often lets someone know they have a beautiful smile. Barker's personal goal is to positively engage with each person she encounters.

When she arrived at Island Hospital back in 2014, she had no healthcare experience. However, her exceptional customer service and her understanding of the importance of leaving a positive impression has earned respect from colleagues and customers alike; as well as Island Hospital's Employee of the Year award.

Kristen Moore named supervisor of The Headache, Sports & Spine clinics

Kristen Moore has been named Clinic Supervisor at The Headache Clinic and the Sports & Spine Clinic at Island Hospital (IH). Moore brings more than 24 years of multispecialty medical



practice experience to her role of supporting providers and staff to deliver high-quality care to patients.

Most recently, Moore was lead medical assistant at the Whidbey Primary Care Clinic in Oak Harbor. In addition to medical assisting, Moore supervised and scheduled shifts for clinic staff. She helped develop policy and procedures for the clinic and its electronic medical records system (EMR), and she served as a staff trainer for the EMR.

Moore is a 1994 graduate of the Maric College of Medical Careers, in San Marcos, California. She is cur-

rently pursuing a Bachelor's degree in emergency management from the American Public University System.

"I believe that our patients come to us with their medical issues looking for a partnership in treatment," says Moore. "They need to be first and foremost treated with dignity and respect. It's my goal to provide a safe environment where they are allowed to voice questions and concerns regarding their illness and partner with their provider in treatment plans. This type of provider/patient relationship fosters trust and respect, allowing for the best possible outcomes in care."

The Headache Clinic and Sports & Spine at Island Hospital are located at 2511 M Ave., Suite C, in Anacortes. For more information, call 360-299-4929.

Jeanne Sandahl RN, BSN, MSN leads Care Management at IH

Jeanne Sandahl RN, BSN, MSN has taken on a new role at Island Hospital (IH) to oversee Care Management and assure quality of service across departments. In supervising the Care Management Department, Sandahl will manage two critical elements of care: utilization review and discharge planning.



Each patient's case at the hospital requires careful documentation. Utilization review ensures that patients' charts contain accurate information, notes, and diagnostic test results. These details support the claims the hospital must make to insurance companies.

When it comes time to go home, patients' cases are reviewed by a discharge nurse and medical social worker to help the patient transition back to the community, whether that is to home, a skilled nursing facility, a nursing home or behavioral institution.

Sandahl oversees these processes, ensuring the hospital provides quality care to patients throughout their stay.

In addition to these responsibilities, Sandahl looks forward to working with medical professionals at IH to develop a new Palliative Care Team. She's grateful to be working with staff across the hospital, using her diverse nursing experience and learning new aspects of healthcare.

"I am most looking forward to the opportunity for learning and growth in this new role. I have spent many years at the bedside and on the clinical end of nursing. This role will not only allow me to use my nursing knowledge but learn a whole new aspect of healthcare," says Sandahl.

Sandahl has more than 20 years of nursing experience, including roles as Director of Emergency Services at Whidbey Health Medical Center in Coupeville, WA, and Emergency Services Nurse Manager and Chief Emergency Management Coordinator for the North Greenville Campus of the Greenville Health System in Greenville, SC.

Most recently, she has been an Emergency Department nurse at IH as well as a Nursing Instructor at Skagit Valley College. Education is not new to Sandahl – she has been a middle-school science teacher and clinical nurse educator.

Sandahl holds a Master's degree in Nursing from Walden University in Minneapolis, MN, and a Bachelor's degree in Nursing from the University of South Carolina at Spartanburg. She also received a Bachelor's degree in Natural Resource Management from the University of Wisconsin at Stevens Point in 1989 before adding a teaching certificate from Boise State University in 1993.

IH welcomes Clinical Dietitian Amber Phillips MS RD



Amber Phillips MS, RD, has joined Island Hospital (IH) as its dietitian responsible for patient nutrition and education.

Phillips holds a Master's degree in nutrition from Bastyr

University in Kenmore, WA, and a Bachelor's degree in Biology from Metropolitan State University, St. Paul, MN. She completed a year-long internship at the University of Northern Colorado that had her working at community hospitals and schools in Skagit County and Coos Bay, Oregon.

Nutrition is an important factor in inpatient care. In her role, Phillips assesses whether a patient's nutrition has been adequate prior to a hospital stay, then she ensures meals and supplements match that patient's health conditions. She monitors whether a patient is eating well during his or her stay and educates patients and caregivers on strategies to regain and maintain health with food choices.

Island Hospital's Dietary Department makes over 98% of their offerings from scratch in the hospital kitchen. Phillips knows that healthy eating can speed recovery. She enjoys collaborating with patients while they are in the hospital so they can continue making good choices at home to better manage chronic conditions.

"Hospital stays can be scary and are often associated with life-changing events," says Phillips. "I practice active listening when interviewing patients and extend kindness while guiding a nutrition plan that will positively impact their health status."

With a keen interest in community education, Phillips is developing a series of nutrition education classes that will be open to the public. "Nutrition advice can be confusing and sometimes conflicting," says Phillips. "My role as a dietitian is to follow the latest research and make it easy to understand for my patients and the public." The first class, Healthy Eating for the Holidays (see page 15) kicks off a series of classes based on community interest.

Suzie Dupuis RD retires after 32 years



Island Hospital Dietitian Suzie Dupuis RD (left) retired in June after 32 years of exemplary service. Interim Chief Executive Officer Elise Cutter recognized Dupuis for her many accomplishments, including farm-to-healthcare initiative, hospital farm stand, hospital Employee Wellness Committee leadership and others.

Emergency Department receives donations for new equipment

The Island Hospital (IH) Emergency Department (ED) received several generous donations to purchase new equipment, including a portable ultrasound machine, two level-1 rapid infusers, and 10 specialized gurneys. Donors worked closely with Island Hospital Foundation (IHF) to learn about important needs at the hospital and designated donations to purchase the new equipment.

An anonymous donor replaced an outdated ultrasound machine with a new portable model. It offers much improved resolution, the ED team's favorite feature. "We are now able to see details in images that we were not able to see in the past," said Kelly Pearson RN, Director of Emergency Services & Emergency Preparedness.

Providers in the ED receive training and become certified to use the new ultrasound and its features. The advanced ultrasound technology helps ED providers make more specific diagnoses, and it helps with treatments and medical interventions. It can aid ED providers to place an intravenous (IV) or central line, detect an eye injury, identify a detached retina, determine causes of bleeding, and evaluate abscesses, among other procedures.

A donation from the Jerry and Jan Barto Family purchased two level-1 rapid infusion devices. With a level-1 rapid infuser, ED providers can quickly give patients large volumes of fluids as needed during resuscitation. This type of infuser heats the fluids prior to infusion, prevent-

ing potential complications that can occur during large-volume resuscitation such as hypothermia.

The level-1 infusers can quickly infuse warmed fluids or blood for patients who have lost blood. "This type of advanced equipment is beneficial to have when we need it," says Pearson.

Another donation, also from the Jerry and Jan Barto Family, allowed the ED to replace 10 aging gurneys with two different types of specialized beds. For trauma rooms, the ED purchased two trauma gurneys that allow providers to take an X-ray from below the bed without moving the patient.

"When moving a patient with unknown injuries, there is always the risk of further injury. But without the X-ray, providers will not know if there is even an injury. These new gurneys provide us a safer way of obtaining images on our trauma patients," says Pearson.

In addition to the trauma gurneys, the donation allowed the ED to replace eight other older models to bring all beds throughout the department up to date. These gurneys have scales for weighing patients, electronics on the handrails so patients can adjust the head and foot of their beds, and other capabilities that make examinations more efficient.

"Some of our gurneys were so old, the manufacturers were no longer in business. Our engineering department was struggling to keep the gurneys in service," says Pearson.



Kelly Pearson RN, Emergency Services & Emergency Preparedness Director, stands at new Emergency Department ultrasound equipment.

"More advanced equipment means better care for community and more specific diagnoses for patients," said Pearson. "We are incredibly thankful to the generous individuals in our community for gifting us with this new equipment!"

Auxiliary looks ahead to successful 2019-20

By **Connie Russell**

Island Hospital Auxiliary President

I'm thrilled to kick off the new year for Island Hospital Auxiliary (IHA)! My first priority as President is to express a huge "Thank You" to Betty-Anne Ely, our outgoing President, for her many years of devoted service and leadership. Betty-Anne will be stepping down after five years as President of IHA, but she will still be heavily involved while serving as the Vice President of our 2019-20 leadership team.

Under Betty-Anne's years of leadership, the IHA has continued to meet its mission "to work collaboratively with Island Hospital leadership to raise funds to support, promote and participate in special projects for the benefit of Island Hospital, its patients and our community's health." The IHA fundraising efforts that Betty-Anne developed as President will continue to support projects such as Lifeline medical alert system, Vial of Life, purchase of patient overbed tables and other hospital and patient needs.

"Betty-Anne's dedication, tireless energy, and passion for the success of the IH Auxiliary has been phenomenal. Under her leadership she grew its membership, revitalized its fundraising events, and implemented new programs to serve our patients and entire community," said Jeannette Papadakis, Director of Island Hospital Foundation.

We know we'll feel Betty-Anne's influence as we go forward with our fundraising projects. Thank you, Betty-Anne, for your hard work!

Our 2019-20 leadership team includes new and familiar faces, and we're looking forward to working together this year.

- President: Connie Russell
- Vice President: Betty-Anne Ely
- Secretary: Julie Anderson
- Treasurer: Danette Carroll
- Directors at Large: Joan Simmerman and Patty Koskovich

see AUXILIARY continued on page 22

ISLAND HOSPITAL AUXILIARY
PENNY DRIVE
PROCEEDS BENEFIT LIFELINE
TUESDAY, OCT. 22 • 7:30 - 11:30 AM
Drop your spare change off at 3 locations:
Health Resource Center, Island Hospital 24th Street Main Entrance,
Island Hospital Foundation Office
ISLAND HOSPITAL AUXILIARY
Questions?
Call 360-299-4201

Many cancers can be prevented with lifestyle changes

By Nicole Rhodes

IH Community Education Intern



In Washington State there will be almost 40,000 newly diagnosed cancer cases this year. Over 40% of those cases could be linked to lifestyle choices, and could potentially have been prevented.

There is a wide range of lifestyle changes that can be made to decrease the risk of developing cancer over a lifetime.

Physical Activity & Cancer

Physical inactivity can be connected to about 15-20% of cancers including breast, colon, kidney and pancreas. Conversely, exercise has been shown to lower the risk of these cancers. If incorporating activity into your daily routine is difficult, try setting monthly goals, listening to a fun playlist or bring a friend along. Regardless of activity level, sitting for long periods of time increases the likelihood of developing breast, colon and other types of cancers. Reduce the amount of sitting in daily routine when possible.

RECOMMENDATIONS:

Adults should get at least 130 minutes of moderate activity or 75 minutes of vigorous activity (preferably a mix of both) each week and children should be participating in at least one hour of moderate to vigorous activity each day.

Activity Examples:

- Moderate activity includes walking, yoga, and yard work.
- Vigorous activity includes swimming, running, soccer, and weight training.

- Make activities fun with music or a friend.
- Limit sitting as much as possible.

Nutrition & Cancer

Studies show that eating well-balanced meals that include a variety of fruits and vegetables, whole grains, and fish or poultry are linked with a lower risk of developing certain cancers such as breast, prostate, and stomach cancer. Eating enough fruits and vegetables is one of the best ways to reduce the risk of getting cancer. Whole grains and a high fiber diet can reduce bowel cancer risk while processed and red meats have been shown to increase the risk of colon cancer and should be consumed in limited quantities.

RECOMMENDATIONS:

- Get at least two and a half cups of vegetables and fruits each day, or four vegetables and three fruits.
- Limit red and processed meat.
- If consuming red or processed meat, bake or broil instead of frying or grilling.
- Swap meat-based dishes for vegetable/legume based dishes.
- Choose whole grains when possible.
- Breads, pastas, and cereals all come in whole grain options.
- Switch white rice for brown rice.

Alcohol & Cancer

Alcohol consumption is known to increase the risk of developing mouth, liver, breast, and bowel cancer. When making the decision to drink alcohol, be mindful and moderate with it. Even regular consumption of alcohol can increase the risk of breast cancer; people with higher risks of getting breast cancer should

consider not consuming any alcohol. Cutting down can help reduce risk even if the recommendations aren't met.

RECOMMENDATIONS:

- No more than two drinks a day for men and one drink per day for women.
- People with a higher risk of breast cancer should consider abstaining from alcohol.

Smoking & Cancer

In the United States, tobacco use is responsible for nearly one out of every five deaths. About 80% of lung cancer deaths and 30% of all cancer deaths are caused by tobacco use. It is best to not use tobacco products and to stop if you are currently using. Smoking cessation can be combined with the uptake of other cancer risk reduction practices such as exercise or healthy eating. The Washington State Tobacco Quit Line offers a number of cessation resources. They can be reached at 1-800-QUIT-NOW to access the list of current Washington resources.

RECOMMENDATIONS:

Reduce and quit smoking if currently a smoker.

Ultraviolet Exposure & Cancer:

Skin cancer is the most common type of cancer in the United States. It is important to stay protected from Ultraviolet (UV) ray exposure. UV rays are strongest between 10 a.m. and 4 p.m. so it is best to limit time outside during these hours. Look for new spots or bumps, overall changes in the skin, rough red patches, or wounds that take longer than normal to heal. Contact your primary-care provider if you notices any of these changes.

RECOMMENDATIONS:

- Wear and reapply sunscreen throughout the day, SPF 30 or higher is recommended.
- Check yourself for signs of skin cancer such as changes in skin, new bumps or spots.

Cancer Screening Guidelines

Along with lifestyle changes such as healthy eating and exercise, guidelines have been set for recommended ages to start getting regular screenings for certain types of cancers. These tests can help detect cancer and prevent it from spreading. It is important to keep up with regular checks based on your age.

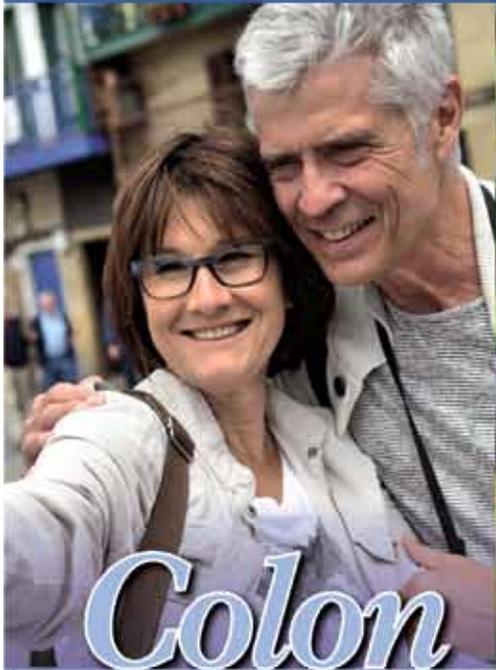
see CANCER continued on page 22



CANCER

Early Detection Saves Lives

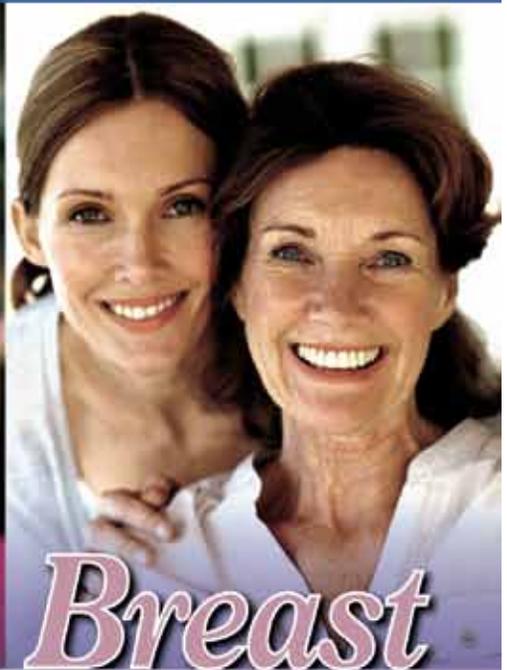
606,980 cancer-related deaths
 In 2019, an estimated 1,762,450 new cases of cancer will be diagnosed in the U.S.
2nd leading cause of death in U.S.



Colon



Skin



Breast

National Facts

2nd leading cause of cancer-related death.

1 in 20 will develop colon cancer (affects both men and women equally).



Most common form of cancer.

1 in 5 will develop skin cancer in their lifetime.



Most common type of cancer among women of all races/ethnicity.

1 in 8 women will develop breast cancer in her lifetime.



Know When to Get Screened

If you have an increased risk or family history of cancer, consult with your healthcare provider regarding screening recommendations specifically for you.

Age 45 men and women should ask their doctor to determine best colon cancer screening method and begin screening.



American Cancer Society guidelines

Report any unusual moles or changes in your skin to your doctor.

Also, talk to your doctor if you are at increased risk of skin cancer.

Centers for Disease Control guidelines

Age 40 women should start annual screening with mammograms. Men also get breast cancer and should check with their provider about screening recommendations.



Island Hospital provider screening guidelines

Island Hospital 2018 Screening Results*

Colon Cancer Testing Kits

79 kits provided **0** required follow-up
66 kits returned

Skin Cancer Check

25 participants

Clinical Breast Exam

14 participants
1 required follow-up

**These screenings and more are made possible by the generous support of the Island Hospital Foundation.*

Published: 9/2019, Community Relations, Dennis Richards

IH joins Reliance health information exchange

This summer, Island Hospital (IH) joined a new community health-information exchange (HIE) system that connects providers and makes accurate health information available to authorized healthcare professionals. It allows for secure communication and care coordination between providers.

Reliance eHealth Collaborative (Reliance) is a nonprofit health-information exchange that connects communities for improved healthcare quality and safety, reduced administrative costs, and better coordination of care among providers. Reliance recently began providing HIE services in northwest Washington, and several local hospitals, laboratory systems, and clinics are participating in the network.

At IH, all departments and affiliated clinics can use the system to communicate with one another regarding patient care, increasing collaboration between providers.

Reliance allows your primary care provider to access your health record, laboratory and other test results in one place. Having access to all your medical information at once from multiple providers can help

prevent medical treatment errors or repeated tests.

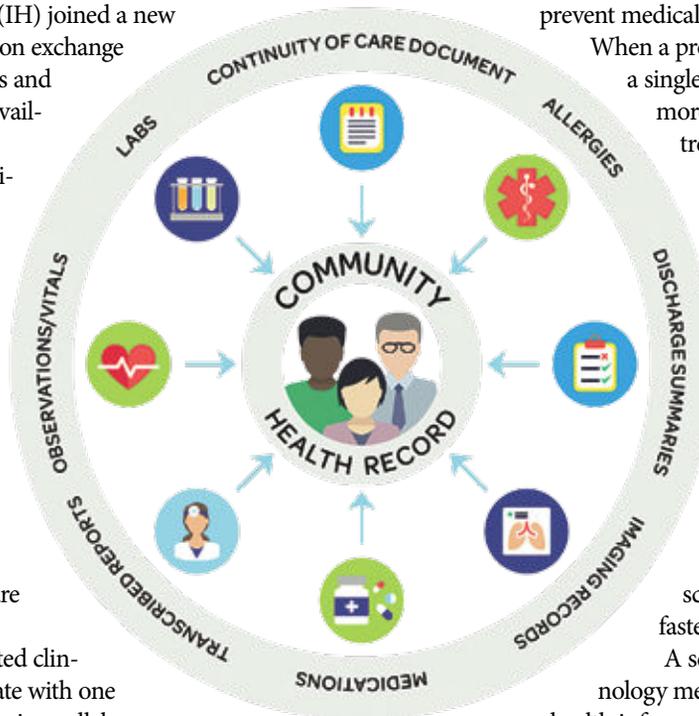
When a provider can see all your information in a single view, he or she can work with you more efficiently to make decisions about treatment options or necessary referrals.

With Reliance, doctors and healthcare providers can securely share information with one another when coordinating care. Those who are using the system can send and receive medical records and referral information efficiently. If your doctor refers you to a specialist who is also using Reliance, he or she can quickly send your pertinent medical information to that office when requesting your appointment. This often results in more rapid scheduling to get you the care you need faster.

A secure and encrypted system, the technology meets federal laws for protecting patient health information, including HIPAA, the Health

Information Portability and Accountability Act. It's designed to prevent unauthorized use or disclosure of patient information and protects against data breaches.

For more information about Reliance, visit www.reliancehie.org.



Medication dispensing cabinets integrate with IH EMR system

This summer, Island Hospital (IH) installed several automated medication-dispensing machines that help make managing patient care safer and more efficient.

These machines, called the Pyxis MedStation, are locked medication storage cabinets that integrate with the hospital's electronic medical-record system. Each cabinet has multiple locked drawers with a series of individual compartments containing various types of medication in vials, tablets, or other packaging.

Pharmacy staff stocks and replenishes the cabinets, managing inventory across the hospital. Barcode scanning tracks all medications as the cabinets are re-filled, making it easier for the pharmacy staff to optimize inventory levels and track usage in all departments.

At the nursing stations, nurses can open the cabinet only after entering their own user identification and password, or fingerprint, into the attached computer workstation. The workstation, which provides access to inpatient records, allows a nurse to choose a patient and confirm his or her medication.

The system unlocks and opens the appropriate cabinet drawer and internal compartment to dispense only the selected medication after confirming the patient and the correct dose.



The Pyxis medication system installation was a collaborative effort of Island Hospital's Pharmacy, Facilities and Nursing departments.

Medications that have been dispensed and administered are updated in both patient and pharmacy records simultaneously.

The biggest benefits of using Pyxis automated-dispensing cabinets include patient safety, increased productivity for nurses and inventory optimization for the Pharmacy Department.

"The machines allow nurses to spend more time where it is needed—with their patients," says Ken Martin PharmD, Director of Pharmacy Services at IH. Nurses will spend less time planning and recording dosages, because the system dispenses the correct dosage for each patient

and notes it in the patient's electronic medical record.

Automated dispensing cabinets make medication administration safer for patients. "These cabinets help ensure that the right patient receives the right medication in the right dose," says Martin. "It comes down to providing an additional level of safety for our patients."

At IH, 11 dispensing cabinets have been installed across various departments, and four anesthesia systems have been deployed in operating rooms ensuring patient safety during surgeries.

Why do I need a speech-language pathologist?

Many people are surprised to learn that speech-language pathologists (SLPs) assess, diagnose and treat many different communication disorders. These disorders take many forms, including speech, language, social or cognitive communication, and swallowing disorders in children and adults.

Speech disorders, like stuttering, occur when a person has difficulty producing speech sounds correctly and fluently. Language disorders prevent a person from understanding others or inhibit a person from sharing or expressing thoughts, ideas and feelings.

Social-communication disorders make it difficult for a person to use verbal and nonverbal communication in appropriate ways. With these disorders, a person might have trouble communicating for social purposes such as greeting a friend or commenting and asking questions during conversation. Someone with a social communication disorder may struggle to talk in ways that suit the listener and the setting or to follow rules for conversation and storytelling.

People with autism spectrum disorder typically have social communication problems, and sometimes people who have suffered a traumatic brain injury also develop social communication disorders.

Cognitive-communication disorders usually happen as a result of a stroke, traumatic brain injury, or dementia, although they can be congenital. They include difficulty organizing thoughts, paying attention, remembering, planning, or problem solving.

A swallowing disorder may develop after an illness, surgery, stroke, or injury, and cause the patient to struggle with feeding and swallowing.

In any of these situations, visiting with an SLP can be beneficial. Your SLP will provide a comprehensive evaluation and develop a plan for treatment that meets your needs. SLPs must earn a master's or doctoral degree and hold a Certificate of Clinical Competence in Speech-Language Pathology (CCC-SLP) from the American Speech-



Language-Hearing Association (ASHA). They must regularly participate in continuing education in meeting the standards of the American Speech-Language Hearing Association. SLPs work in many different research, education, and healthcare settings with varying roles, levels of responsibility, and client populations.

Island Hospital (IH) employs SLPs that serve outpatients at Physical, Occupational & Speech Therapy at Island Hospital, and they serve inpatients during hospital stays in the Acute Care and Intensive Care Units. IH SLPs have over 30 years combined experience providing speech-therapy services.

Most clients are referred for an assessment by a physician or an educator. Additionally, IH offers community education classes about communication disorders and periodically provides a variety of screening clinics. For more information about classes or screenings, see the class listings in Heartbeats publications or check the IH website at <https://www.islandhospital.org>.

Physical, Occupational & Speech Therapy is located in the lower level of the Medical Arts Pavilion at 1015 25th Street, Anacortes. For information, call 360-299-1328.

We're Hiring!

Become Part of Our Promise!

To apply or view our open positions please visit our website:
www.islandhospital.org/careers



ISLAND HOSPITAL

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 25, 2 – 3:30 p.m.

Friday, January 24, 2 – 3:30 p.m.

Where: Anacortes Senior Activity Center

Cost: \$15

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

BIRTH AND BEYOND

Car & Booster Seat Clinic



New car seat laws go into effect 1/2020. Make sure you know the changes!

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 12, 2 – 4 p.m.

Thursday, February 13, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 360-299-1309

Grand-parenting Class



Are you 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, whether they live close or faraway. Class will include a tour of the birth center and detailed information on car seat safety presented by a Nationally Certified Child Passenger Safety Technician.

When: Tuesday, April 14, 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: Wednesday, December 4, 5:30 – 7 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10 per couple or individual

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, Nov. 5 – Dec. 10, 6 – 8:30 p.m.

Tuesdays, Jan. 7 – Feb. 11, 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

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., Dec. 7 & 8, 10 a.m. – 6 p.m.

Sat. & Sun., Feb. 8 & 9, 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

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes

What to Expect With a Newborn



Join a pediatrician and a lactation consultant for a class that will address newborn care and breastfeeding basics. Learn what's normal behavior for a newborn, how to keep your baby healthy and know what signs to look

for when your baby might be sick. Understand what to expect with breastfeeding, including how to get started, what to do if challenges arise and how to get breastfeeding support once you are home from the hospital. This class is open to pregnant and postpartum women. **This class is included in the childbirth education class series. If you are registered for childbirth classes this will be part of the class series.** Babies up to 3 months old welcome to attend.

When: Tuesday, December 10, 6 – 8:30 p.m.

Tuesday, February 11, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25/per couple or individual

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

NUTRITION

Healthy Eating Habits for the Holidays



It's the season for work parties, holiday buffets and social eating. Be proactive with your health by learning strategies to navigate holiday eating with a Registered Dietitian. This class is geared towards individuals with diabetes,

heart disease and/or high cholesterol. Avoid the New Year's guilt by implementing healthy swaps, tips for fitting in physical activity, and ways you CAN enjoy traditional holiday foods while celebrating with family and friends. Recipes and food samples will be provided.

When: Wednesday, November 6, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amber Phillips MS, RD

DOC TALK

Sex After 60



Join Island Hospital Physician, Kathleen Garde (OB/GYN), for a candid discussion on what to expect with sex as we age. For seniors who are physically active and healthy, having sex is

perfectly normal. Dr. Garde will address common barriers to sex often faced by senior women including comfort, how to be ready for sex if it has been a while, decreased sexual desire, basic anatomy and more. She will discuss female options available for more pleasurable sex (lubricants, vaginal estrogen and vaginal dilators.) This class will address women's questions and options.

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

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Kathleen Garde MD, OB/GYN

"This was a wonderful class! Dr. Garde was very informed and easy to understand and relate to. Thank you!"

– Sex After 60 class participant

HEALTHCARE PROFESSIONALS

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 the 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: \$30 for residents of Skagit, Island and San Juan Counties, \$40 for non-residents and free for current Island Hospital employees.

Registration: 360-299-1309

"We will be back for more. I really appreciated this opportunity to grow in our marriage. Jim Marshall was a professional, knowledgeable and personable instructor. Thank you for offering this."

– Healthy Relationships class participant

HEALTHY RELATIONSHIPS

7 Principles for Making Marriage Work



Based on the groundbreaking research by Dr. John Gottman this series is based on four decades of research intended for couples longing for better relationships. The main goal is to help couples strengthen their relation-

ships in a variety of ways including their love maps, fostering fondness and admiration, facilitating turning towards each other, accepting influence, solving solvable problems, overcoming gridlock, creating shared meaning and maintaining gains. The program is intended to equip couples with the information and tools to be able to carry on together creating the relationship they want.

When: Thursdays, Jan. 9 – Feb. 20, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$100/per couple (fee covers a couple for all seven classes & includes workbook)

Instructor: Jim Marshall MA, LMHC

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 27, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Madeline Rose

2. Email communityed@islandhospital.org

3. Call 360-299-4204

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.

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 15, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$35, (includes skincare blend)

Winter Wellness

Come experience the many healing aspects of essential oils and how to blend them into massage oil. Participants will learn safe application methods for essential oils and will receive notes, recipes and a therapy blend to take home.

When: Monday, November 18, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$30 (includes supplies)

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, February 10, 1 – 2:30 p.m.

Monday, March 9, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

“Both presenters did a great job of explaining their subjects. It was easy to understand and the questions were all answered thoroughly. Thank you!”

– Osteoporosis: Exercise & Nutrition class participant

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 2020. Important timelines for making changes and information on how to research your options will be covered.

When: Thursday, October 17, 10 – 11:30 a.m.

Wednesday, October 23, 1 – 2:30 p.m.

Tuesday, October 29, 10 – 11:30 a.m.

Tuesday, November 5, 1 – 2:30 p.m.

Tuesday, November 19, 10 – 11:30 a.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

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 4, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

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 11, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructors: Allison Blackwell PT, DPT &

Mary Beth Robinson MS, RD/LD, CDE

“Lots of good information.”

– Pelvic & Bladder Health class participant

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, October 31, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington PT

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 12, 10 a.m. – noon

Tuesday, December 10, 2 – 3:30 p.m.

Friday, January 17, 10 – 11:30 a.m.

Tuesday, February 11, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructors: Lisa Edwards RN & Denise Jones RN, MN

Skagit Adult Day Program Lunch & Learn

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

When: First Tuesday, 12:30 – 2 p.m.

Where: Anacortes Christ Episcopal Church

Cost: FREE

Contact: Gentry House, 360-293-4466

CANCER SUPPORT

Better Together – Supporting Women with All Cancers

The Women's Cancer Support group is open to all women with a history or current cancer diagnosis. 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

Feeling and Looking Your Best During Cancer Treatment

This class helps people in cancer treatment feel and look their best in coping with treatment. We will also discuss ways to maintain a healthy self-image and confidence during this challenging time in the cancer journey.

Call for dates

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 COUNSELING

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 west 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 Area Crisis Line: (360) 313-7080, 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 2:30 – 4:30 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

Resources & Support Groups

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

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, 360-298-8824

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.



Free Blood Pressure Checks

Every Wednesday
9 a.m. - noon

Island Health Resource Center

Call 360-299-1309

for more information

Better Nights = Better Days

(at play)

Studies show that more than 50 million Americans experience some level of sleep deprivation.

Better sleep improves your quality of life and reduces your risk of diabetes, cancer and other diseases.



ISLAND HOSPITAL
**SLEEP WELLNESS
CENTER**

WE CAN HELP!

360.299.8676 FOR INFO OR APPOINTMENT

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, October 29, 10:30 a.m. – 12:30 p.m.
Tuesday, February 11, 10:30 a.m. – 12:30 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Blood Pressure Checks

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

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 21, 9 – 11 a.m.
Where: Health Resource Center
 Cost: \$10

Clinical Breast Exams

During this screening, Sharon Brown, AGPCNP-AC will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required.
When: Tuesday, October 29, 8 a.m. – noon
Where: Merle Cancer Care Center
 Cost: FREE
 2018 Breast Screening Results: 14 people participated; 1 abnormality detected and required follow-up with their healthcare provider.

Health Screening Event

Island Hospital will be offering a health screening event. Participants may choose to have their blood tested for:

- Cholesterol & Glucose
- Vitamin D

No appointment required. Please do not arrive prior to 7:30 a.m.

 **Cholesterol & Glucose:** 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.

NEW!

You can now register for our screenings online at www.islandhospital.org.

Vitamin D: 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.

When: Tuesday, October 22, 8 – 11 a.m.
Tuesday, January 14, 8 – 11 a.m.

Where: Health Resource Center
 Cost: Cholesterol & Glucose, \$15*
 Vitamin D, \$40
 Both Screenings, \$55

*Insurance may cover the cost of your screening.

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 18, 9:30 a.m. – 4 p.m.
Where: Health Resource Center
 Cost: FREE

Memory Screening

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 12, 1:30 – 3:30 p.m.
Tuesday, January 7, 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 5, 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 congestion 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, December 3, 1:30 – 3:30 p.m.
Tuesday, February 4, 1:30 – 3:30 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital
 Cost: FREE



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

Please give blood at Island Hospital
Monday, December 16
9 a.m. - 3 p.m.

Fidalgo/Burrows Rooms
 Call 1-800-398-7888 and select extension #1 to schedule an appointment

Annual Golf Classic benefits IHF



Golf Classic champions – The team sponsored by Troy Kunz, Edward Jones Investments that had the lowest gross score to win the Vince Oliver Cup were (from left) Don Fenton, Dan Reinkert, Craig Roth and Troy Kunz.

A favorite of many, Island Hospital's 18th Annual Golf Classic got underway on Monday, Aug. 5, 2019. This year, 145 golfers hit the fairway at Skagit Golf & Country Club in a tournament and awards dinner that raised \$57,000 for Island Hospital Foundation (IHF).

Local Edward Jones Investment Advisor and IHF board member, Troy Kunz, said, "This is such a high-quality, fantastic tournament! It's always fun to play golf with your buddies and help out the community at the same time. It is awesome that the golf classic also raises funds for the hospital. I'd have to say that's where the magic is."

The tournament is sponsored primarily by Island Hospital (IH) vendors and local community businesses. Jeannette Papadakis, IHF Director said, "As our second-largest fundraising event, it is gratifying to see the support from local businesses, vendors and hospital relationships that we value and depend on for supporting our programs and services."

The funds raised go to meet IH's greatest needs and the many Foundation-supported programs, such as the Health Resource Center. Julie McKee, Health Resource Center Coordinator, says on a typical day she helps people with questions about Medicare, Medicaid, assisted living, advance directives and referrals to primary or specialty physicians. The success of this year's tournament has also helped IHF get closer to meeting a goal of adding support for mental-health services in our community.

Upon arrival at the tournament, golfers received a \$45 gift certificate to shop at an onsite pop-up Nike shop, featuring shoes, shirts, jackets, gloves and golf balls. The day's experience included valet bag check, mobile scoring, and many on-course contests and prizes that added to the fun.

On-course contests prompted good-natured competition between golfers. Dr. Greg Fleischhauer of Restorix won the Casino Hole contest and received the "Porsche For the Weekend" prize, courtesy Byron Sprague and Porsche Bellingham. China City sponsored the wine toss for the second year, in which golfers had a chance to toss rings onto wine bottles. If hooked, they won that bottle.

Golfers enjoyed a barbecue lunch and a variety of on-course cuisine

throughout the day. They had the chance to purchase raffle tickets and silent-auction items before capping off the afternoon at the awards dinner.

WINNERS RECAP

1st Place Low Gross Team and winner of the Vince Oliver Cup:

Troy Kunz, Edward Jones Investments (Troy Kunz, Craig Roth, Dan Reinkert, Don Fenton)

1st Place Low Net Team

Intalere Team #2 (Ken Freeman, Dave Hardy, Mark Creed, Randy Linemeier)

2nd Place Low Gross Team

China City (Jack Ng, Buzz McKinley, Max McKinley, Paul Schuller)

2nd Place Low Net Team

Heritage Bank (Kurt Swanson, Matthew Lehman, Mike Baldwin, Ben Burton)

Highest Scoring Team

Banner Bank (Kara Gonzales, Pam Johnson, Krystal Eddy, Leonard Johnson)

KP (Closest to the Hole) Winner

Brian Nemitz, Engage

Longest Drive Men

Max McKinley, China City

Longest Drive Women

Laura Lund, Kaye-Smith

Grand Raffle Prize Winner

Deanna Stevens, LabCorp

View tournament photos at: <https://islandhospitalfoundation.pixieset.com/2019golfclassic/>.

Save the date for the 19th Annual Island Hospital Golf Classic, Monday, Aug. 3, 2020, at Skagit Golf & Country Club.

Saving young hearts

Nick of Time Foundation offers youth cardiac screenings

A sobering statistic for parents and teens alike, the leading cause of death among teen athletes while on the field is sudden cardiac arrest (SCA). Caused by undetected heart abnormalities that disrupt circulation, SCA can occur without any warning signs.

However, most conditions are detectable and treatable. On Dec. 4, 2019, Island Hospital (IH) and Island Hospital Foundation (IHF) are hosting the Nick of Time Foundation to conduct youth cardiac screenings at Anacortes High School that can detect heart abnormalities.

This program, run by the Nick of Time Foundation, was developed in partnership with Dr. Jonathan Drezner, Professor at the University of Washington Department of



Family Medicine, and Director of the UW Center for Sports Cardiology. Youth cardiac-screening protocols were developed based on Dr. Drezner's research in 2012. Dr. Drezner will be on hand to train local medical professionals on the screening process.

At the screening, each teen completes a heart-health survey, and a volunteer medical professional performs an EKG that analyzes the electrical signals of the heart. Medical professionals experienced in EKG youth-heart screens review the results. Some participants will undergo further testing onsite, such as an ultrasound of the heart.

Some may be referred to a doctor for additional consultation and evaluation. At last fall's screening at Arlington High School, five students out of approximately 350 were referred for additional evaluation based on what was found in the screening.

SCA is not the same thing as a heart attack. A heart attack occurs when blood flow to the heart is blocked. The Mayo Clinic defines SCA as "the abrupt loss of heart function, breathing and consciousness. The condition usually results from an electrical disturbance in the heart that disrupts its pumping action, stopping blood flow." A simple EKG

can often identify certain serious heart conditions that cannot be detected by a stethoscope.

The Nick of Time Foundation was started by Darla Varenti, after her son, Nick Varenti, a seemingly healthy athlete was lost to Sudden Cardiac Arrest in 2004 at the age of 16. "I am happy IHF is bringing this preventative program to benefit our Anacortes youth," says Jeannette Papadakis, IHF Director. "In addition to keeping our kids healthy, this program teaches lifelong skills with the hands-only CPR and AED training."

Youth Cardiac Screenings

Dec. 4, 2019 • 10 a.m. – 3:30 p.m.
Anacortes High School Gym
1600 20th St., Anacortes

Release forms will be available on the Anacortes High School web site (www.ahs.asd103.org/departments/athletics) in advance of the event.

For more information, see the Nick of Time Foundation web site at (www.nickoftimefoundation.org), or contact Island Hospital Foundation.

To volunteer at the event in either a medical or non-medical capacity, contact Island Hospital Foundation at 360-299-4201.

Save the Date!

Island Hospital Foundation's 17th annual Gala of Hope dinner and auction will be held at the Swinomish Casino & Lodge on Saturday, May 2, 2020, at 5:30 p.m.

This annual event provides meaningful impact to our local hospital. Because of our generous patrons, in 2019 we were able to raise the funds to replace every lifesaving monitor in our Emergency Department.

Stay tuned...we will announce the theme and the Heartstrings appeal as the date draws near.

Last year we sold out six weeks in advance! To reserve tickets in advance or for sponsorship information please call 360-299-4201 or email foundation@islandhospital.org.

Remembering

The Island Hospital Foundation received gifts to remember and honor those listed here between May 1 and Aug. 31, 2019

GIFTS IN MEMORY:

- | | |
|-----------------------------------|------------------------------------|
| Beulah B. "Boots" Anderson | Dennis J. Heggem |
| Robert Beebe | Col. Richard "Dick" Iversen |
| Doris Bird | Judy McHarg |
| Lois Bradshaw | C. Bruce Stell |
| Barbara Brower | Herb Thieme |
| Don Douglas | Helen Wold |
| Thomas Evans | |

GIFTS IN HONOR:

- | | |
|---|----------------------------------|
| Cecil B. Bunch | Dr. Ken Leckie, USAF Ret. |
| Dr. Kathy Garde | Dr. John Mathis |
| Island Hospital Emergency Department | Yvonne Tollefson |
| | Duncan Wallace |

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

GARDNER continued from page 6

diagnosed with colon cancer at age 46 and is alive today because of early intervention.”

Dr. Gardner looks forward to practicing medicine in Anacortes and serve the community. “I try to honor my patients through the lens of their culture, their family, their trauma, and their hopes,” says Dr. Gardner. “When I close my eyes at night, I think of all the stories that patients have shared with me throughout the day and am reminded of the honor it is to be their confidante. I want to make sure that I what I do medically for them weaves into their healing path—a different road for every person.”

Island Family Physicians is located in Anacortes at 2511 M Ave., Suite A. For appointments, call 360-293-9813.

AUXILIARY continued from page 9

Our fundraising events are familiar to many, and we are already planning diligently for each. In October, we’ll host our Penny Drive, which raises funds earmarked for our Lifeline project. The Lifeline medical alert system is often a critical device for individuals living alone who may need swift medical assistance. Along with the Noon Kiwanis and Anacortes Soroptimist clubs, IHA supports seven community members who need this service but cannot afford it on their own.

To participate in the Penny Drive, stop by Island Hospital Oct. 22 and toss a penny in the IHA wishing well. Members of IHA will be available to collect all that change you’ve been saving from your pockets, penny banks and depths of your purses. Of course, paper money will gladly be accepted as a donation!

Our Christmas Tree Sale in November and our Easter Basket Sale in April both fund purchases of over-bed tables to be used with new hospital beds. In February, we sell Candygrams to celebrate and thank IH employees!

Our sincere gratitude to the generous Anacortes businesses and organizations who continue to support our projects, as well as to Sebo’s Henery Hardware for its ongoing generous donation of the miniature Christmas trees for our annual sale. We could not do all we do without them.

Lastly, we thank the community and especially our IH employees for generously supporting our events.

IHA always welcomes new members! Contact Connie Russell at (360) 770-9446 for more information.

CANCER continued from page 10

Breast: Starting at age 40, women should get mammograms every year.

Island Hospital recommendations:

- Age 20-39: Clinical breast exam during annual exam and breast self-exam
- Age 40 & Over: Annual mammogram starting at age 40, clinical breast exam during annual exam, and breast self-exam

Mammograms can be scheduled by calling (360)-299-4288

Prostate: Starting at age 45, men at higher than average risk should talk with a doctor about the risks, and potential benefits of testing so they can decide if they want to be tested. Starting at age 50, all men at average risk should talk with a healthcare provider about the uncertainties, risks, and potential benefits of testing so they can decide if they want to be tested.

Colon: All people at average risk should start getting screened at age 45.

Cervical: Starting at age 21 through 29, all women should have a Pap test done every 3 years. Starting at age 30, women at average risk should get a Pap test and HPV test every 5 years (the preferred approach) or they can continue to get only a Pap test every 3 years.

Lung: If you are age 55 or older, talk to a

healthcare provider about your smoking history and whether you should get yearly low-dose CT scan to screen for early lung cancer.

IH Resources

SCREENINGS:

Clinical Breast Exam: Tuesday Oct. 29
8 a.m. – noon, Cost: Free

For more information about screenings call 360-299-4204

To schedule a mammogram call: 360-299-4288

References:

<https://onlinelibrary.wiley.com/doi/full/10.3322/caac.20140>

www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/common-questions.html

<https://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/common-questions.html>

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<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer/what-is-a-healthy-diet>

<https://www.cancer.gov/types/breast/patient/breast-prevention-pdq>

<https://www.doh.wa.gov/Portals/1/Documents/Pubs/340-207-QuiltlineCoverage.pdf>

Dinner at the Bistro!

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

ENJOY FRESH, made-to-order selections!

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

Only \$6.99!
(Including entrée, vegetable & starch)

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

Dinner served 4-7 pm
Weekdays (excluding holidays)

Browse our menu at www.islandhospital.org

Class offered for soon-to-be grandparents

Becoming a parent for the first time is exciting and scary. It can be equally as emotional for a new grandparent. Similar to parenting classes, Island Hospital's grand-parenting classes are a great way to ease some nerves.

A lot of things have changed since soon-to-be grandparents have had babies of their own and this class is a great way to learn about the new guidelines being used in childbirth and infant care. For example, experts now prefer that babies sleep on their backs instead of their stomachs. For guidelines that have stayed the same, a refresher will be given as well.

Grandparents are provided with a great opportunity to learn how to best assist their son or daughter in becoming a parent on their own. The class includes a tour of the Island Hospital Birth Center, child car-seat demonstrations, and time for questions. Your grand-baby does not have to be born at Island Hospital to attend the class.

NEXT CLASS

April 14, 2020

See page 15 for info.

CHIEF continued from page 2

is our responsibility to stay engaged in these decisions so that we can continue to provide the care we committed to providing in our original oath."

While serving as Chief of Staff, Dr. Rieger will participate in the process as the hospital selects a new CEO. Former Island Hospital CEO Vince Oliver retired in May 2019, and Elise Cutter, Island Hospital CFO, is currently serving as the Interim CEO. "I'm very pleased to have been part of the process and to seek an individual that fits the mission of our hospital," says Dr. Rieger.

Dr. Rieger earned his medical degree from the University of Washington. He is a fellow of the American Academy of Family Physicians and board certified by the American Board of Family Physicians. He sees patients at Island Family Physicians, 2511 M Ave., Anacortes.

High-Quality Surgical Services at the Hospital You Trust!

We treat a range of surgical needs related to the colon, rectum, breast, thyroid, hernias, skin and more. In addition, we offer mesh-free hernia surgeries and port-a-cath placement and removal.



Joseph Mulcahy MD, FACS

- Board Certified
- Surgical Residency, University of Illinois/ Cook County Hospital, Chicago, IL
- Former Chief of Surgery, Island Hospital
- Fellow, American College of Surgeons



Kieran Melody MD

- Board Eligible
- Surgical Internship, Maricopa Integrated Health System, Phoenix, AZ
- Surgical Residency, Albany Medical Center, Albany, NY
- Member, American College of Surgeons



Keri Weigle MD

- Board Certified
- Surgical Residency, Virginia Commonwealth University Health System, Richmond, VA
- Surgical Fellowship, David Geffen UCLA Medical Center, Los Angeles, CA
- Diplomate, American College of Surgeons



ISLAND SURGEONS
AT ISLAND HOSPITAL

1213 24th Street, Suite 700, Anacortes, WA 98221 **360.293.5142**

www.islandhospital.org/islandsurgeons

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ECRWSS Resident

“I love this community!”



JoAnn Eastman ARNP recently moved her practice to Fidalgo Medical Associates at Island Hospital. She has learned that her new home community offers an incredible connection with nature and countless activities to enjoy with her best friend *Ceaser*.

She is a very proud mother of two and has special interest in dermatology and preventive care.

Our new provider will see you now!

360.293.3101



FIDALGO
MEDICAL ASSOCIATES
AT ISLAND HOSPITAL

www.islandhospital.org/fma/