



ISLAND HOSPITAL

# Heartbeats

*Magazine* Fall 2020



## Commissioner Message



**By Warren Tessler, President**  
Island Hospital Board of Commissioners

As we have felt the effects of the COVID-19 pandemic in our area, there have been many expressions, from all quarters, of thanks and admiration for the dedication and amazing work of the employees and medical staff of Island Hospital. The hospital's Board of Commissioners is also greatly appreciative of and inspired by the terrific team that continues to care for us all in this trying time.

I would like to bring to your attention two other examples of those who have met the unusual challenge we face in a way that is also remarkable—the Island Hospital Foundation and our hospital's community at large.

For the Foundation, it has been business “unusual” from the start. Major fundraising events to support capital projects and programs for next year and beyond were postponed or perhaps cancelled. Instead, there was, and continues to be, an immediate need to provide funding support at a time that the hospital's revenues were being severely curtailed. Moreover, it was now necessary to incur significant new costs to properly equip our staff to deal with COVID-19. This includes additional ventilators, tele-ICU equipment, tele-medicine equipment and critically important masks, gowns and other protective supplies for all involved.

Foundation staff, Jeannette Papadakis and Janie Crane, devised and implemented a powerful campaign to get the message out to the community. That message was simple—the need is great and the need is now. Island Hospital's senior leadership produced regular webcast updates that were open to all. Mail and email messages were sent out explaining the situation in detail. The website was revised and Facebook was utilized. It has been a masterful effort.

However, as terrific as this was, it would not have mattered if not for the equally amazing response of our Island Hospital community. We are here to care for you, and you have shown that you truly care for us. We have received donations ten dollars at a time, hundreds of dollars, thousands, tens of thousands and more; Previous donors and new contributors. Donors specifically came to support the acquisition of items listed above—tele-medicine equipment, tele-ICU, ventilators and the personal protective equipment. Thanks to that support, Island Hospital has been able to order needed equipment and supplies to provide the care that our community needs and deserves. Yes, the need is great, but the response from all of you has been greater in many ways.

At this time, all services—inpatient, outpatient and clinics—are up and running, accepting patients at all levels of need. Note that I did not say that we are at normal operations. Suffice it to say, nobody knows how long it will be until we can say that. However, with the support of our dedicated employees and medical staff, we will continue to provide the best care possible in the best way possible. That has always been and always will be our overarching commitment. All the while, we will continue to be challenged by the coronavirus, and your continued support will be vital to our success. It is not over by any means, but by working together, we can get through this and be even stronger when we do.

On behalf of the Board of Commissioners of Island Hospital, I commend and thank the Island Hospital Foundation for a challenge met and a job well done. To the Island Hospital community at large, I offer our sincere, heartfelt expression of thanks and appreciation.

Please stay safe everyone.

### RESOURCES:

To be on the list for alerts to future webcast update sessions about Island Hospital services and our response to COVID-19, email Janie Crane, IHF Development Coordinator at [foundation@islandhospital.org](mailto:foundation@islandhospital.org).

For information anytime about hospital services and dealing with COVID-19, please go to [www.islandhospital.org/coronavirus/](http://www.islandhospital.org/coronavirus/).

## Elise Cutter named Island Hospital COO



Island Hospital's Chief Financial Officer Elise Cutter has been selected as the organization's Chief Operating Officer.

“Elise has an extensive background in healthcare leadership, financial management and a keen understanding of hospital operations,” said IH Chief Executive Officer Charles Hall.

In 2002, Cutter was named Island Hospital Employee of the Year and in 2007, as IH Finance Director, she received the hospital's Management Leadership Award. She remains the only person to achieve both awards.

Cutter received a Bachelor of Science degree in accounting from Villanova University and Masters in Business Administration (2019) from Western Governors University. Prior to joining Island Hospital in 2001, she served as a controller for a manufacturing firm in Everett, WA.

She takes over from interim COO Ann Raish, who worked with Cutter through May as she transitioned to the new position that oversees operations, ancillary and clinic services. The COO is also responsible to enact plans to reach the annual goals set forth by Hall and the Board of Commissioners.

“Ann brought so much knowledge to our senior leadership that I feel very fortunate to have had the opportunity to work with her during my transition,” Cutter said.

## Staff farewells

Over the past few months, Island Hospital (IH) has said farewell to a number of members of our leadership team. We would like to express our sincere appreciation for their contributions to IH. Each one of these individuals has left a positive mark on the hospital, staff and overall culture.

Director of Marketing & Community Relations Dennis Richards retired in July after being the voice of the hospital for the past 22 years. During his tenure, Richards has been an ambassador for Island Hospital and played an essential part in the passing of two bond campaigns. In addition, he developed strong chaplaincy and volunteer programs, oversaw community outreach and education programs, acted as the Public Information Officer with the media and published 57 issues of Heartbeats Magazine. These are just a few of his many accomplishments.

Over the past 17 years, Denise Jones, MSN has risen through the ranks at Island Hospital. She joined the nursing staff in 2003 to primarily work in Acute Care, while also floating to ICU, Labor & Delivery and Cardiac Rehabilitation. In 2012, Jones was promoted

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# As I See It...

By Charles Hall, IH Chief Executive Officer

Here we are eight months after we became aware of coronavirus and the potential effects a pandemic may have on

hospitals, our culture and virtually every part of our lives. One short year ago, who would predict that we'd be wearing masks in public; limiting our gatherings both at work and at home; keeping our distance at retail stores and restaurants; screening visitors of hospitals and clinics and COVID-testing before all procedures, admissions and baby deliveries.

**Is this the new normal?** YES! For the foreseeable future at the hospital we will be limiting entrances and visitors, requiring masks, pre-testing patients for COVID-19 before surgical procedures and carefully conserving our personal protective equipment (PPE). Since last June—when we thought we had slowed the virus down—we have seen an additional surge within Washington State and Skagit County and expect more to come. It is clear to me that we must continue protecting one another as we live with and battle COVID-19.

One way we have adjusted to our new normal is in the roll out of a telemedicine program. These virtual appointments allow us to safely meet our patients where they are, providing a supplement to their core care. Telemedicine is designed to support, not replace, traditional in-person appointments. Providers can continue to care for their patients remotely for follow-up visits, check-ups, and education.

The following specialties at Island Hospital currently utilize telemedicine:

- Family Medicine
- Internal Medicine
- Pain Management
- Pediatrics
- Psychiatry
- Sleep Medicine

Reach out to your provider to see if telemedicine might be appropriate for your needs.

I truly believe that this infectious disease will still be with us a year from now. While a vaccine is in the works and expected by the end of the year, it will not be readily available from the outset. The effectiveness of the vaccine is unknown at this time, and many Americans will choose not to take it. We need to learn to live with COVID-19 as we battle it.

## Our Journey

Over the last several months, there have been countless providers, staff members, leaders, and community members who have stepped up to help us in our battle against COVID-19. We could not do this without them.

First and foremost, we want to recognize our front line providers, nurses, technicians, Environmental Service (EVS) staff, registration team members and support personnel who have fought and continue to fight this battle each day.

From the start of this pandemic, our community members stepped up, graciously donating their time and resources to support the pandemic efforts. Island Hospital Foundation staff and board members; Anacortes Strong; local restaurants; and businesses all pitched in providing countless meals for our staff, hand-sewn masks, and donations of PPE. Throughout this edition of Heartbeats, you will read more about the outpouring of support from

our amazing community and the donations that helped keep us moving forward.

**We are a clean and safe place to receive care.** In response to the pandemic, we have increased our cleaning procedures to ensure safety for all. Our Environmental Services Department (EVS) has increased its cleaning schedule and our staff follows every precaution to ensure the safety of our patients, visitors and staff. We will continue to screen everyone who needs to enter our facilities and require masks be worn inside. We expect additional COVID-19 cases over the next year and urge our community to keep up the good fight. Please wear a mask in public and social distance so we can take care of each other. At Island Hospital we wear our masks to protect you, as you wear a mask to protect us and others around you.

## Moving Forward

In spite of a pandemic we continue the work of providing quality, affordable healthcare. In the past few weeks we welcomed a number of staff members to meet the growing needs of our community. You will find extended bios on these providers throughout this edition of *Heartbeats*, but I want to acknowledge these individuals and the level of expertise they bring to our team. Fidalgo Medical Associates welcomed family medicine physician, Dr. Stephen Horras; two nurse practitioners, Andrea Riley and Vola Le Roux; and social worker Susan Edwards. Our Psychiatry and Behavioral Health team recently added Dr. Shad Ali to their team, and our Urology Department has been bustling with Dr. Mansel Kevitch now seeing patients at Island Hospital. As our providers grew, so did our leadership team. We are pleased to welcome Carol Northup, RN, BSN, MA, CENP as our new Chief Nursing Officer; Laura Moroney, MS as Director of Marketing and Community Relations; and Melody Pettingill as Director of Food Services.

We also celebrate and honor those who have retired from Island Hospital and thank them for their tremendous contributions to our community throughout their tenure. Please read about the contributions of Dr. Prins, Denise Jones, MSN, and Dennis Richards on pages 2 and 21. Each of these individuals made our hospital and our community a better place, and we honor the work they've done.

In closing, I want to thank the Island Hospital Commissioners, Medical Staff and employees for their great efforts while continuing to meet the daily challenges of providing healthcare to our community during this pandemic. I would especially like to thank our Epidemiologist and Infection Control Officer Dr. Gary Preston along with Director of Quality Improvement Anita McCoy, RN for their evidence-based guidance during this time. We will continue to do all we can to protect and care for our patients, and we look forward to welcoming back our cherished volunteers as we move into Phase 3. This issue illustrates the work that's been done and also highlights the exceptional community support we've received. While we are socially distancing from one another, our staff and our community have come together like never before to help and support our hospital and each other. Thank you.

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## Our Mission:

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

### Island Hospital

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

Correspondence to commissioners can be sent to: COMMISSIONERS

c/o Administration

1211 24th St., Anacortes, WA 98221-2590

### POSITION 1

Jan Iversen (Secretary)

### POSITION 2

Warren Tessler (President)

### POSITION 3

Paul Maughan PhD

### POSITION 4

Lynne M. Lang PhD

### POSITION 5

A.J. "Chip" Bogosian MD

Heartbeats is published by the Community Relations/Education Department. Comments or suggestions to 360-299-1310.

## Our Promise

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

## Fidalgo Medical Associates welcomes new providers

### Andrea Riley, MSN, MS, ARNP



**A**ndrea Riley, ARNP has joined Fidalgo Medical Associates (FMA) as a new provider specializing in family medicine.

Riley holds both a master's and a bachelor's degree in nursing from the Johns Hopkins University School of Nursing in Baltimore, Maryland. In addition, she earned a master's degree in Food and Nutrition from Framingham State College in Framingham, Massachusetts, and a bachelor's degree from Brown University in Providence, Rhode Island.

With more than 12 years of experience as a Family Nurse Practitioner, Riley worked most recently at the Naval Health Clinic in Oak Harbor. Prior to becoming a nurse practitioner, Riley pursued a career in nutrition, serving as a community health educator in the Peace Corps and later as a dietitian in a hospital setting.

Riley shifted from dietetics to nursing because she wanted to be able to address individuals' health concerns in a more comprehensive manner. She likes to emphasize principles of healthy living as she cares for patients.

"I feel it is essential to attempt to understand my patients as individuals in order to best address their physical and mental health needs," says Riley. "Familiarity with a patient's lifestyle, occupation, family situation, and personal priorities allows me to work together with that patient to shape a care plan most fitting to them."

Riley has a special interest in medical acupuncture and has incorporated it into her practice for the past two years.

### Vola Le Roux, FNP-C



**F**idalgo Medical Associates (FMA) welcomes family nurse practitioner Vola Le Roux to its staff.

Le Roux holds a master's degree from

Maryville University in St. Louis, Missouri, a bachelor's degree from Texas A&M University in Corpus Christi, Texas, and a bachelor's degree from Nanterre Paris X-University in Paris, France.

In her practice, Le Roux sees herself as both a teacher and learner. She enjoys educating patients about health and health maintenance and helping them improve their lives. She also embraces opportunities to continuously learn. "I'm fortunate to have the opportunity to learn from doctors, specialists, and my experiences at the clinic," says Le Roux. "I admire and learn from patients who are proactive about staying healthy."

Le Roux's philosophy of care revolves around seeing the whole person. "Caring is an art. Being a caregiver requires compassion, empathy, consideration, positivity, and hopefulness," she says. "My goal is to be a patient's guide through illnesses or health challenges and to provide reassurance. This requires me to be competent and caring about a patient's feelings, especially during difficult times."

### Maj. Stephen Horras, MD, FAAFP



**F**idalgo Medical Associates (FMA) welcomes family medicine physician and medical acupuncturist Dr. Stephen Horras to its staff. He provides preventive care, chronic disease

management and patient-centered primary care to patients of all ages.

Dr. Horras holds a bachelor's degree from Marquette University in Milwaukee, Wisconsin, and he earned his medical degree from the University of Arizona College of Medicine in Tucson, Arizona. He completed his residency in family medicine at the David Grant Medical Center with the US Air Force at the Travis Air Force Base in Solano County, California.

While in the Air Force, Dr. Horras received additional training in medical acupuncture from Helms Medical Institute in Tempe, Arizona.

Dr. Horras applies lifestyle medicine to his

practice, a holistic approach to caring for patients who are managing chronic disease or trying to prevent or delay chronic disease in the first place. "I'm excited to bring this integrative approach to pain management, mood disorders and wellness promotion to Anacortes and the surrounding communities that Island Hospital serves," he says.

"I strive to partner with my patients to help them cultivate wellness, while providing up-to-date, evidence-driven and comprehensive primary care," says Dr. Horras. "I believe every person's needs, health concerns and goals are unique, and my duty is to help patients identify and realize those goals."

### Susan Edwards, MSW



**F**idalgo Medical Associates (FMA) welcomes clinical social worker Susan Edwards, MSW to its staff. She provides short-term therapy for patients as a

Care Manager in FMA's Behavioral Health Integration program.

Edwards holds a bachelor's degree from Goshen College in Goshen, Indiana, and a master's degree from the University of Iowa in Iowa City, Iowa. She has held medical social worker roles in Skagit and Snohomish counties and taught evidence-based interventions and case management in the Virtual Academic Center at the University of Southern California's School of Social Work.

Edwards enjoys providing behavioral health care to patients of all ages. FMA's program allows primary care providers to refer patients with a behavioral health need to a care manager for services within the clinic.

"I believe that behavioral health should be part of medical health care," says Edwards. "In my work, I focus on client-centered care that encourages patients to be actively engaged in the treatment process."

## Dr. Shad Ali joins Psychiatry and Behavioral Health

The Psychiatry and Behavioral Health Clinic at Island Hospital (IH) welcomes child psychiatrist Dr. Shad S. Ali to its staff. Dr. Ali provides psychiatric care of children, adolescents, and their families.



Dr. Ali is board certified in both Adult Psychiatry and Child & Adolescent Psychiatry. He holds a bachelor's degree from Emory University in Atlanta, Georgia, and a master's degree from Washington University in St. Louis, Missouri. He received his medical degree from Wayne State University School of Medicine in Detroit, Michigan.

With a strong passion, knowledge and expertise for all forms of psychotherapy, Dr. Ali takes an approach that combines both psychopharmacologic and psychotherapeutic interventions when caring for patients. The IH promise to “always place your emotional and medical needs first and foremost” resonates with Dr. Ali's philosophy, and he is eager to help expand community access to high-quality and comprehensive mental health care.

“I chose to become a physician because I want to treat people, not just the condition that ails them,” says Dr. Ali. “My philosophy of care is to first listen and try to understand each person's unique physiology, psychology, and social experience. By hearing and learning from each of my patients, we can collaborate in discovering diagnoses, alleviating symptoms, and identifying sustainable solutions.”



## Telemedicine at IH gets a quick start

During the COVID-19 outbreak, many routine medical appointments with Island Hospital (IH) providers were cancelled or postponed.

However, telemedicine offered a solution—a remote visit between a doctor and patient to discuss health issues.

Telemedicine is best suited for routine appointments or for minor health issues. For the patient, all it requires is a computer with a webcam and an internet connection or a smartphone.

At IH, the requirement to start telemedicine services included webcams, headsets, and workstations. Specialized software designed to meet security requirements ensures that the meeting between the patient and provider are conducted over a fully-encrypted audio/visual connection.

“Security of patient data is always a primary concern for Island Hospital. As such, securing the communication between patient and physician was paramount,” says Jeremy Kay, IH Security Engineer.

Upon hearing the need for patients to access care remotely during the pandemic and the immense cost to do so, Dave and Mary Rytand felt inspired to help by making a donation to the Island Hospital Foundation (IHF) COVID-19 Emergency Relief Fund. Because of their quick action and generosity, IH was able to purchase the necessary equipment and software to set up secure telemedicine appointment options.

Led by Tom Bluhm, IH Information Services Director, the IH Information Services team sprang into action in early March, testing software, acquiring necessary equipment, and training providers. By early April, patients were able to schedule telemedicine appointments.

Telemedicine allows patients to meet with a provider in a safe way, reducing the risk of transmitting the virus. For patients and providers both, it saves time and reduces interaction, safeguarding both those who are healthy or those at risk for respiratory illness.

For more information or to schedule a telemedicine appointment, contact your provider.

## Three new board members join IHF

Island Hospital Foundation (IHF) is committed to improving local community healthcare at Island Hospital (IH). The Foundation continues its work to raise funds that improve services at IH and provide cutting-edge equipment, patient support programs, community resources, and free or low-cost screenings.

Board members have a broad range of experience and work together to help oversee fundraising and set policies. The IHF board recently welcomed three new members—Dr. Paul Hammer, Elliot Johnson, and Gary Thebault.

Dr. Hammer joined IH's Psychiatry and Behavioral Health department as a psychiatrist in 2019. He retired from the Navy after more than 35 years of service. His last assignments were as Assistant Inspector General for Medical Matters on the staff of the Naval Inspector General and as commanding officer of the Navy medicine information systems support activity.

He led mental health interventions for military combat and training exercises as well as during national disasters. Dr. Hammer completed two deployments in Iraq. In 2004, Hammer was the Combat Stress Control Team Psychiatrist, and in 2006, he was the Marine Expeditionary Force psychiatrist responsible to coordinate mental healthcare for 33,000 service members in Al Anbar Province.

As the former director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (TBI), Hammer has been an advocate for improving treatment for TBI in the Department of Defense and Veterans' Association.

Dr. Hammer has held a role on the board of "Kids Included Together" in San Diego, California, an organization that works to foster inclusion in school and recreation programs for kids with disabilities.

"As a member of the hospital medical staff, I feel that having a voice on the board is an important input source guiding the direction of the board," says Dr. Hammer. "Also, as a member of the community I am inspired to serve and help my community grow, particularly to help this excellent institution thrive."



Elliot Johnson has experience leading teams and developing solutions as a Financial Advisor and Limited Partner with Edward Jones. He joined Edward Jones in 2009, and he holds a Certified Financial Planner (CFP®) designation, which he earned in 2014.

Johnson grew up in Kodiak, Alaska. His father, grandfather, and great grandfather were involved with the Noon Rotary Club of Kodiak, where each served terms as president. Johnson has fond memories of helping with the Duck Race, Telethon, and Garbage Cleanup events in his hometown.

Locally, he served as the President of the Anacortes Noon Kiwanis Club in 2015, and he currently sits on the Board of Directors for the club and its foundation.

Johnson gained great appreciation for Island Hospital during the time his wife, Molly, worked in the Cardiopulmonary Rehabilitation department. Both their sons were born at IH. "We are fortunate to have such an excellent hospital in a small town like Anacortes," says Johnson. "My hope is that I can contribute to its continued success and growth."

Gary Thebault brings more than 40 years of experience to the IHF board directing business operations in the timber and forest product industry in which he focused on growth and performance of multi-plant lumber companies. He held executive roles with Hines Lumber, Rosboro Lumber, Sequoia Forest Products, Pacific Lumber & Shipping, and Joseph Timber Company. Most recently, he and his wife, Michele, owned and ran small high-end boutique hotels in Leavenworth, Washington.

Throughout his career, Thebault has consistently worked with his church's parish councils and with volunteer organizations in communities across Washington, Oregon, Colorado, and Wyoming. He has been a member of Rotary clubs, ran and staffed a rural medical clinic, and was member of the hospital board of directors in Newport, Oregon, where he served as treasurer of the hospital.

Thebault looks forward to serving IHF and hopes to make a positive impact. "I feel we are all obligated to give back in terms of our time and talents—to the betterment of our community. Island Hospital offers the best in services to our community. We should all do our part to support these efforts."



## IHF mourns the passing of Dr. Frank M. Hansen

Dr. Frank Morris Hansen, who was instrumental in founding Island Hospital Foundation (IHF), passed away April 11, 2020. He was 83.

Dr. Hansen came to Anacortes in 1975 and started Island Radiology and Nuclear Medicine. He was a board-certified specialist in diagnostic radiology and nuclear medicine, with a prior background in electrical engineering and medical physics.

He was joined by Dr. John Bame 18 months later and Dr. Brad Jones in 1986.

Dr. Hansen led the effort to start IHF in 1978 with the hopes of raising funds to purchase innovative nuclear medicine equipment for Island Hospital. Through the creation of the IHF, he brought new diagnostic testing technology to the community, including MRI, CT scanning, mammography, and ultrasound. Dr. Bame recalls, "Frank did extensive research on the foundation at Stevens Memorial Hospital in Edmonds and then quickly got the wheels in motion for IHF." His wife, Barbara stated, "Frank felt strongly that any resident in the Island and Skagit counties should not have to travel far to receive excellent diagnostic care." At that time, patients would have to drive to Everett or Seattle for specialized imaging.

Dr. Hansen served on the board and as an emeritus member until his death and will be missed.

To honor him, the family requests donations be made to Island Hospital Foundation.

# What's your legacy?

Anacortes residents Major General William "Bill" and Valerie Anders chose not to wait to set their legacy in motion. Rather than include a legacy gift in their will, they made a point to give back while they are able to see the impact of their time, energy, involvement and contribution.

Bill served in the US Air Force and at NASA as an Apollo astronaut before going on to hold positions in government as Chairman of the Nuclear Regulatory Commission and Ambassador to Norway. He later held executive roles in private firms including General Electric Company and Textron Corporation, and he served as Chairman & CEO of the General Dynamics Corporation before retirement to Orcas Island. During the Apollo 8 mission in December 1968—the first manned mission to orbit the moon—he photographed our planet and the now-famous Earthrise photo.

Valerie has been a lifelong philanthropist and served on boards of the Smithsonian Institution and the Olympic Park Institute. She's most passionate about her involvement with the Orcas Island Chamber Music Festival, which she helped found and now she serves as Chair Emeritus of its board.

In 1996, they founded the Heritage Flight Museum, currently located at Skagit Regional Airport. The museum houses a collection of historic planes, antique military vehicles, an aviation and space library, and other artifacts.

After a recent head wound, Bill was operated on by Dr. Melody of Island Surgeons in one of the operating rooms at Island Hospital (IH) on a Sunday morning. In appreciation for the excellent wound care



*Major General William and Valerie Anders choose to leave a lasting legacy for the patients, families and staff of Island Hospital.*

he received from Dr. Melody and the IH team to address and resolve the wound, Bill decided to make a \$500,000 contribution to Island Hospital Foundation (IHF) designated to purchase surgical equipment and support the hospital's increased needs.

Inspiring others to give is also part of leaving a legacy. "Ours is an early legacy gift," he says of the donation to IHF. "We hope to inspire others in our community to give now if they're able."

## Local Cancer Patients Receive Increased Financial Assistance



*Anacortes resident, Carrie King (center), with mammography technologists, Shae (left) and Sheri, received a relief grant during treatment for breast cancer.*

Not only do cancer patients at Island Hospital Merle Cancer Care Center receive high-quality treatment and service, many patients benefit from support that includes financial assistance. Island Hospital Foundation (IHF) provides grants, which are made possible through individual donations and events like the Anacortes Cancer Walk and Skagit Woodstock Music Festival.

In March 2020, the IHF Board unanimously voted to increase its local Cancer Relief Grant from \$600 to \$800 annually to help offset financial strain and stress during the Covid-19 pandemic. This grant is offered to cancer patients in our community who need extra financial support.

"Because of increased financial stressors related to stay-at-home orders, loss of jobs, and societal upheaval on our cancer patients this year, we were able to increase the cancer grant stipend by \$200 per patient," said Shirley Vacanti, president of the IHF board.

The grant is funded through gifts to the Foundation for the Cancer Relief Fund. Patients receiving care at the Merle Cancer Care Center are eligible to receive up to \$800 annually to help with expenses during their treatments.

The grant increase came just in time to help one patient who needed the extra funds to pay an electric bill and avoid having his electricity shut off.

In addition, the "Your Story Foundation," whose goal is to improve the quality of life for cancer patients and their families in our local community, donated \$1,000 in Safeway gift cards to the Island Hospital Foundation to benefit cancer patients.

Several patients received a \$100 Safeway gift card to help with necessary purchases. One patient recovering from a double mastectomy received a card that provided

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## Donations for PPE far exceeded \$4K goal on Giving Tuesday Now

May 5, 2020, marked #GivingTuesdayNow, a world-wide fundraising day to address needs created by the Covid-19 pandemic. Island



Hospital Foundation (IHF) asked supporters to donate on that day specifically to fund purchases of personal protective equipment (PPE) at Island Hospital (IH).

PPE supplies—which include gloves, gowns, masks, and face shields—are important for hospitals to have on hand in adequate numbers as counties in Washington move from one

phase of reopening to the next.

IHF set a goal to raise \$4,000 on Giving Tuesday Now to provide PPE supplies to IH. But donors stepped

up on Giving Tuesday Now and in the preceding days and gave nearly \$16,000 for the cause.

“We’re overwhelmed at this response and grateful to our caring community members who responded so we can keep patients and healthcare workers safe with adequate protection,” said Jeannette Papadakis, Island Hospital Foundation Director.

## Community sewing team makes masks and caps for IH staff

Island Hospital (IH) volunteers never hesitate to step up. In March, IH volunteer Betty-Anne Ely was working with the director of the emergency department (ED) on plans to make scrub hats for ED staff when the call for 700 masks came in.

Ely set to work. As former Director of Nursing at IH, she understood the need. Clinical staff needed masks made from special Halyard fabric. Halyard is the blue sheeting that wraps sterilized surgical instruments. It can be sterilized, and it meets CDC recommendations for personal protective equipment worn when caring for COVID-19 patients. Non-clinical staff needed cloth masks that could be washed with laundry.

“We reached out to Betty-Anne when the CDC recommended that staff be masked. We needed help in providing masks for non-clinical staff and hospital visitors,” said Denise Jones, former Chief Patient Care Executive at IH. “We were able to save Halyard material for the sewers and they created masks for clinical staff to use.”

Rallying a team was Ely’s first step. Given her roles as past President of the Island Hospital Foundation (IHF) board and of the IH Auxiliary, Ely already had a wide network of connections. She put the word out to neighbors, service clubs, and sewing groups.

Volunteer mask makers answered the call. The team started with five people and grew to more than 50. “The team just grew by word of mouth, the common love of our hospital, and the desire to protect our hospital staff,” said Ely. “We needed a name to call ourselves and came up with the ‘IH Mask-ka-teers.’”

The volunteers sewed and dropped off finished masks to the drop box

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## Remembering

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

### IN MEMORY OF:

Norm Allan	Dr. George Gjerset	Vera C. Mudge
Setsuko Amburn	Dr. Frank Morris Hansen	Dr. Patrick Nestor
Beulah ‘Boots’ Anderson	Dennis Heggem	Carl R. Petersen
Steve Colby	Lawrence Heiner	Richard D. Pirnack
Mary Corbin	Robert ‘Bob’ Hyde	Gerald & Jane Pittenger
John Patrick ‘Jack’ Dunphy	Adrienne Marie Johnson-Murray	Brian Thompson
George Flippo	Adam Casey Milo	David Tonnemaker
John Giboney	Arthur H. Moll II	Peggy H. Watterson
Yale Gifford	Carolyn Moore	Clarise Wright
		Herbert Zimmermann

### IN HONOR OF:

Dr. James Abbey	Island Hospital Staff	Dr. Jon Peterson
All Medical Personnel	Island Hospital Volunteers	Dr. Bob Prins
Nancy Andrich	Dr. Michael James	Dr. Kelly Reed
Dr. Rob Billow	Sue Jordan, PA	Respiratory Therapy Department
Dr. David Brown	Dr. Charles Kotal	Dennis Richards
Dr. Les Conway	Dr. Laurence Lee	Erin Rieger, ARNP
Jamie Cromack	Dr. Nancy Llewellyn	Dr. Robert Rieger
Emergency Department Doctors	Rich & Meredith Machin	Dr. Caroline Roeder
Dr. Fisher	Dr. John Mathis	Austin Schafer
First Responders	Kathy McDermott	Dr. Stacia Smith
Dr. Alethea Fleming	Dr. Kieran Melody	Dr. Meg Sweeney
Dr. Nadine Foist	Merle Cancer Care Staff	Jean Taylor, RN
Foundation Staff	Tom Miller	Shane Taylor
Dr. Kathy Garde	Dr. Joseph W. Mulcahy	Dr. Alan Thom
Yale Gifford	Dr. Bryan Murray	Jake Tuck
Gifts & More	National Institute of Health Staff	Dr. Junfeng Wang
Sarah Golesh	Dr. Lindsay Newlon	Dr. Keri Weigle
Dr. Dan Hanesworth	Paisley & Paxon Nye	Dr. Susanne Wilhelm
Lindsay Harris, PT	Operating Room Staff	Steve Wilhoit
Healthcare Workers	Dr. Vidhu Paliwal	Dr. Robert Wilson
Dr. Jason Hogge	Jeannette Papadakis	Kate Woyski, RN
Dr. Allen Horesh	Kelly Pearson, BSN, RN	Dr. Helen Young

To remember or honor someone with a donation, please make check payable to “Island Hospital Foundation” and mail to: 1211 24th Street, Anacortes, WA 98221

Info: 360-299-4201



*Phil and Madelyn Case are all smiles in their garden after their battle with coronavirus.*

## *The front lines through the eyes of a local COVID patient*

**G**ratefulness is at top of mind for Phil Case these days, a healthy and active 82-year-old Anacortes resident who spends his days working in his garden, exercising, and woodworking. He and his wife Madelyn are members of the Fidalgo Island Rotary Club, where they regularly prepare the Tuesday morning breakfast for 30-40 club members.

In mid-March, Phil and Madelyn—like the rest of us—were following the news about COVID-19 in Washington State, and they began practicing social distancing according to guidance from local and state health departments.

However, in late March, they both noticed changes in their health and contacted their doctor. Madelyn felt well but had lost her sense of smell. Phil's symptoms included chills, loss of energy, loss of appetite, and shortness of breath. Given his age and symptoms, his doctor sent him for a COVID-19 test on April 1. He received the test results within 24 hours, which confirmed that he had the virus. Their doctor instructed them to isolate for two weeks.

The next day, Madelyn also tested positive, but was without symptoms. On April 3, Phil awoke feeling anxious and unable to breathe easily. Madelyn quickly called 911. Phil was rushed to IH and admitted.

Phil's treatment and care were immediate. His stay at IH lasted a week, and he received supplemental oxygen treatments and some trial drugs. "I feel fortunate that I was basically in good health," says Phil. "The doctors and staff were knowledgeable, professional, and supportive on all aspects of my encounter with this virus—even though it was early in their treatment learning curve for it. I felt they really cared that I got well and got out of the hospital."

In response to the COVID-19 pandemic, Island Hospital Foundation (IHF) established the COVID-19 Emergency Relief Fund. Donations to this fund have reached more than \$679,504 and have helped IH provide COVID-19 testing, initiate telemedicine services, and purchase eight ventilators and additional supplies.

The Foundation is incredibly grateful to those individuals and organizations in the community who stepped up to give, ensuring IH is prepared to meet the needs of patients and provide care for many health concerns, including COVID-19.

For more information about the COVID-19 Emergency Relief Fund or to make a donation, call 360-299-4201 or visit [www.IslandHospitalFoundation.org](http://www.IslandHospitalFoundation.org).

## **Island Hospital provides special care for at-risk patients**

**F**or anyone with a compromised immune system, the risk of contracting COVID-19 has been a worrying prospect.

Island Hospital (IH) staff understand the risks and patients' concerns, taking steps to protect all patients needing care during the COVID-19 pandemic. IH is following the latest guidelines in accordance with the CDC.

Visitors to IH are limited, and everyone is screened at the door for COVID symptoms, which include but aren't limited to respiratory symptoms. Waiting areas are closed and masks are required for all staff and visitors. Enhanced cleaning measures are in place for high-touch areas, and plexiglass barriers have been installed at all reception desks.

Many elective procedures and routine healthcare visits were postponed between March and June. But not everyone can postpone required appointments, treatments, and medical services. In some cases, staff has gone above and beyond to provide care and support for these patients.

Anacortes resident Sylvia Maxson needs to visit IH for lab work prior to regular cancer treatments, which she receives in Seattle. The staff at IH took special care to make sure she can get her lab work done with minimal contact, setting a designated time for her to come to the lab.

It's this personal approach in a small-town community hospital that Maxson appreciates most. "The employees at Island Hospital ... have made important lab experiences possible due to their understanding and professional support," she wrote recently in a letter to the editor openly thanking the community for being caring.

Maxson, a former nurse, knows what precautions must be taken to help prevent the spread of infection. "I know what needs to be done, and I see it happening at the hospital," she says. "I have felt safe and comfortable when I've been there." Beyond her lab work, she's also made a visit to the radiology department and the emergency department this spring.

IH providers and staff encourage patients to get necessary healthcare and not to postpone it. Appointments are available and elective procedures are being conducted.

For more information, call 360-293-1300.



## Thank You to our community

Island Hospital's primary focus throughout the COVID-19 pandemic has been the safety and health of patients and staff. We are extremely proud of our dedicated providers and staff who have carefully prepared and remained committed to provide the best healthcare for our patients during uncertain times. We have been humbled to receive an outpouring of support from the community for our frontline workers who day after day have sacrificed time with their family to take on the risk of fighting this virus. We are extremely grateful for the overwhelming donations of meals, flowers, letters of gratitude, signs, masks, face shields and more. The support has been

uplifting and has buoyed our spirits. We cannot express our appreciation enough for the outreach we have received. This community continues to amaze us with its generosity.

From all of us at Island Hospital, thank you!

Ace Hardware  
 Action Pages  
 Agave Taqueria  
 Anacortes Dental Care  
 Anacortes Strong  
 Anthony's Cabana  
 Atlantis STEAM  
 A-Town Bistro  
 Bamboo Bistro  
 Bastion Brewing Co.  
 Big Rock Roadhouse  
 Bob's Chowder Bar  
 Anacortes Chamber of Commerce  
 Chinook Enterprises  
 Costco

Creo Industrial Arts  
 Days for Girls  
 Debra FreyTag  
 Design Techniques-LaConner  
 Dockside Dogs  
 EDCO, Inc  
 Eddyline Kayak  
 Elizabeth Bozeman  
 Fastenal  
 Floret Flower Farm  
 Frida's  
 Globus Medical  
 Image 360  
 Island Café  
 Island Styles-Scrubs  
 Jimmy John's  
 John L. Scott Realty  
 Johnny Picasso  
 Joy Early Learning Center  
 Ken Mudge  
 Kulshan Dentistry  
 Little Caesar  
 Madrona Dental  
 Marathon Petroleum  
 Morenos

Mr. T's Café  
 Nonna Luisa  
 Nuang Mai Thai Kitchen  
 Operation Cheese Love  
 Pear Thai  
 Philip Madden, Dental Clinic  
 Real Tequila  
 Rob Lancaster  
 Rockfish Grill  
 Roozengaarde  
 SeaBear Smokehouse  
 Sheeley's Floral and Gifts  
 Shell Puget Sound Refinery  
 Sherwin Williams-Anacortes  
 Skagit Attitude of Gratitude  
 Skagit Rotary Club  
 Smile Design  
 Snack Local  
 St. Mary's Youth Group  
 The Partners Group  
 The Store  
 Union Tavern  
 Vagabond Station  
 Village Pizza  
 Westland Distillery



# IH fills leadership positions

Island Hospital is pleased to welcome three leaders to our team: Carol Northup, RN, BSN, MA, CENP as Chief Nursing Officer; Laura Moroney, MS as Director of Marketing & Community Relations and Melody Pettingill, Food Service Director.



With more than 22 years of nursing and leadership experience, Carol Northup, RN, BSN, MA, CENP, joins Island Hospital as the new Chief Nursing Officer. Throughout her nursing career, Northup has served as staff nurse, education manager, clinical specialist, Director of Women and Family Center, Director of Nursing Operations, VP of Patient Care Services, Chief Nursing Officer and Chief Operating Officer. Northup is passionate about personal growth and

development with her teams and works to insure those she leads function at a high level. Northup has received numerous awards for her leadership, is quality driven and has earned 5-Star CMS ranking for Service Excellence. Northup has a bachelor's degree from Marycrest College and an master's degree from the University of Iowa. She has relocated to Anacortes from North Carolina.



Island Hospital has welcomed Laura Moroney, MS as the Director of Marketing & Community Relations. Moroney brings more than 20 years of marketing and community relations experience with her to Island Hospital. Her areas of expertise include: patient-focused brand strategy, data-driven marketing and strategic communication. Moroney has a master's degree in Integrated Marketing Communication from Northwestern University and an undergraduate degree

in Public Relations from University of Dayton. Moroney and her family reside in Anacortes. We are excited to have her join our leadership team.



In September, Melody Pettingill joined Island Hospital (IH) as Food Service Director, responsible for all food service operations with an emphasis in quality of food and patient experience.

Pettingill brings more than 25 years of culinary experience to the hospital, including six years in a medical environment. Most recently, Pettingill served as interim executive chef at PeaceHealth Southwest Medical Center, a 450-bed acute care

center in Vancouver, Washington. She oversaw a staff of 30 caregivers and creation of a seasonal café menu. She was instrumental in developing a unit host program to improve the patient experience at the hospital.

Pettingill sees food as an integral part of the healing process. "I do believe that food heals not only the body, it heals us emotionally as well. Food can sometimes be the only comforting part of a patient's stay, so it's important to pay attention to not only the details of nutrition but the personal experience of the meal," she says.

As a chef, Pettingill strives to elevate the patient experience through food quality and personalized bedside attention. At IH, she will oversee projects to improve room service through the use of technology, which will change the way patients order meals and provide better management of nutritional needs.

"It is my hope to help my team pass on care and compassion through the food we create, not only to our guests but to our fellow caregivers as well," says Pettingill.

# Caring for our community during COVID-19

Throughout the past several months, we have learned a lot about COVID-19. At Island Hospital, we are prepared to provide high-quality healthcare to our community with safety at the forefront of our care.

In the very beginning of the pandemic, Island Hospital suspended elective services to conserve capacity, supplies and staff to treat COVID-19 patients. Slowly, we have reopened all services at the hospital, and with guidance from the Centers for Disease Control and Prevention and public health authorities, have put in place safety measures to ensure it is safe for patients to resume care.

Keeping you safe and healthy is Island Hospital's top priority. Here are some of the safety measures we are taking:

- Limiting visitors to our facilities.
- Screening every patient and staff member.
- Requiring masks be worn.
- Rearranging waiting areas to ensure social distancing.
- Installing Plexiglas at registration areas to provide protection for interaction in close proximity.
- Strictly following CDC recommendations for cleanliness.

In addition, when appropriate, patients may:

- Check-in from their car for an appointment.
- Schedule a virtual visit with their provider. *See Telemedicine article on page 5.*

COVID-19 has postponed many things such as weddings, in-person school and vacations; however, it should not postpone visits to your healthcare provider. Your health is important and getting the time-sensitive medical care you need to stay healthy is essential. Our primary and specialty providers are ready for your next visit and can help you determine whether an in-person or virtual visit is most appropriate for you.

Time-sensitive medical services that should not be postponed include, but are not limited to:

- Regular provider visits
- Childhood immunizations and well-child visits
- Screenings such as mammograms and colonoscopies
- Management of chronic conditions or pain
- Medically necessary procedures, labs or imaging

While we are all hoping things will get back to normal soon, until then, it is important to not delay care. In addition, continue to wear a mask when out in public, social distance when visiting with friends and family, and wash your hands frequently to help slow the spread of COVID-19.

**Mar. 9, 2020**  
IH set up a Disaster Care Tent with negative air flow outside the Emergency Department to help care for patients with respiratory illness.



**Mar. 11, 2020**  
WHO declared the coronavirus outbreak a pandemic. IH Incident Command Center opened to strategize daily and respond to the pandemic.



**Mar. 12, 2020**  
IH limited entrances and implemented screeners as safety measures to slow the spread of COVID-19.



**Mar. 16, 2020**  
Governing bodies, including American College of Surgeons, U.S. Surgeon General, and Washington State Department of Health recommended the cancellation of elective surgeries and procedures.  
**First positive patient identified through IH testing.**



**Mar. 30, 2020**  
IH reported 15 positive cases of COVID-19 out of 258 tests. Skagit County reported 121 cases and three deaths.



**Apr. 8, 2020**  
IH rolled out a telemedicine program.



**March – Sept. 2020**  
IH staff strengthened options for obtaining PPE to ensure appropriate supplies and inventory.



**Dec 31, 2019**  
China reported a cluster of cases of pneumonia in Wuhan, Hubei Province.

**Jan. 4, 2020**  
World Health Organization (WHO) reported a cluster of pneumonia cases – with no deaths – in Wuhan, Hubei Province.

**Jan. 7, 2020**  
Chinese health authorities confirmed the cluster of pneumonia cases was associated with a novel coronavirus.

**Jan. 20, 2020**  
First case of COVID-19 confirmed in a patient in Snohomish, WA.

**Mar. 2, 2020**  
IH began regular meetings with Skagit County Department of Health, Washington State Hospital Association, and regional hospital leaders.

**Feb. 29, 2020**  
US reported its first death. Washington State declared a state of emergency.

**Jan. 30, 2020**  
WHO confirmed 7,818 cases of COVID-19 worldwide, with the majority of cases in China.

**Mar. 10, 2020**  
Skagit County's first case of novel coronavirus confirmed.

**Mar. 15, 2020**  
IH "Mask-ka-teers" volunteers began sewing cloth masks for employees.

**Mar. 17, 2020**  
Anacortes School District closed schools to help combat the spread of coronavirus.

**Mar. 18, 2020**  
IH temporarily shut down most elective procedures and appointments in preparation for an increase in respiratory patients.  
**IH implemented a limited-visitor policy.**

**Mar. 19, 2020**  
**IH opened Respiratory Clinic to perform COVID-19 testing.**

**March – June 2020**  
Staff in many areas of hospital experienced a temporary reduction in scheduled hours in response to the Hospital's declining volumes. The Hospital preserved benefit coverage for employees and also developed a Labor Pool to fulfill roles experiencing increased demand.

**March 2020**  
IH leadership had multiple conversations with Senator Cantwell and Congressman Larsen's offices regarding hospital's response to COVID-19 and emergency funding available on the state and federal levels.

**Mar. 23, 2020**  
Washington State announced "Stay Home, Stay Healthy," an immediate statewide "stay-at-home" order.

**Apr. 14, 2020**  
Skagit County reported 193 positive cases and six deaths. IH reported 20 positive cases; six hospitalizations; zero deaths.

**Apr. 28, 2020**  
COVID-19 drive-thru testing site opened to first responders and medical staff at Skagit Valley College.

**May 11, 2020**  
IH began semi-urgent procedures in Diagnostic Imaging and the Operating Room.

**May 18, 2020**  
IH began lifting restricted elective services.

**May 20, 2020**  
Washington State announced hospital services and elective procedures can resume.

**May 29, 2020**  
Washington State issued new guidance to move to **Phase 2**.

**May 31, 2020**  
Washington State ended "stay-at-home" order.

**June 5, 2020**  
Skagit County moved to **Phase 2**.

**June 17, 2020**  
IH re-opened Cardiac Rehabilitation to patients.

**April – August 2020**  
Plexiglass barriers were installed throughout Island Hospital, including all screening stations; admissions stations; check-in counters; pharmacy; cafeteria.

**June 22, 2020**  
IH reopened The Walk-In Clinic.

**July 7, 2020**  
Washington State issued a statewide face covering order directing businesses to require and enforce the use of face covering by all customers and clients.

**Sept. 14, 2020**  
Remote learning program began for Anacortes School District.

**Sept. 30, 2020**  

- Skagit County & Anacortes remain in Phase 2
- Total Cases Confirmed Globally: Over 34 Million
- Total Deaths Worldwide: Over 1 Million
- Number of countries with cases: 188
- As of September 30, 2020, IH conducted 5,930 COVID-19 tests with 65 positive cases

Graph in background represents number of daily positive US cases (light blue) and deaths (dark blue).



DISCLAIMER: These are the key milestones that IH identified throughout the COVID-19 pandemic. It is not an extensive listing of activities.

## Employees honored at Annual Recognition Celebration

Island Hospital honored 73 employees celebrating five-year increments of service with a modified celebration this year due to the COVID-19 pandemic.

### Employee Service Awards

(As of Dec. 31, 2019)

#### 5 YEARS

Gerri Bamonte, RN, BSN  
Ann Broersma, RN, BSN  
Heather Bush, RN, BSN, CCRN  
Natalie Canniff, RN, BSN  
Jamie Clark, RT(R)  
Brad Derting  
Chris Edwards, MT  
Bridget Flowers, CNA  
Carol Friedman  
Julie Gold, RN  
Gary Grubb  
Holly Gubernath, RN, BSN  
Laura Harris, RT(R)(CT)  
Joanna Hess, CNA  
Jeremy Kay  
Heather Mahala, RN, MSN, RNC-OB  
Deborah Malone Reeder, PT  
Monique McFarland, RN, BSN  
Jens Miller, RN  
Auburn Niewiadomski  
Sarah O'Connell, CNA  
Carloyn Pape, SPHR, SHRM-SCP  
Lisa Pelusi

Mari Philp  
Robert Reyna, MD  
Desiree Richards, CNA  
Brynn Rilea, RN  
Jeri Rudolf, ARNP  
Rudy Santos  
Lesla Singleton  
Angela Sjooben  
Courtney Stewart  
Shane Taylor  
Misty Terrill  
Elizabeth Vance  
Jennifer Wisniewski, MSW

#### 10 YEARS

LeAnn Adams  
Denise Adams  
Kim Brotemarkle, RN, CEN  
Kim Deans, CNA  
Paula Fann  
Caralee Flowers, RN  
Bridget Harrison, RT(R)(CT)  
Lisa Jones  
Dina Lofgren  
Jacqueline Moore, RN, MSN  
Joseph Mulcahy, MD  
Melissa Pettit  
Amanda Sims, RT (R)

Rachelle VonGrey, RN  
Kathy Wallingford-Lee, RNC-OB, BSN  
Rona Whiteaker, RN, BSN

#### 15 YEARS

Diane Burton, CMA  
Charlene Dennison, RN  
Krystal Guzman  
Amy Harrington  
Brian Knight, RT(R)(MR)  
Doris Martinez  
Amy Patrick  
Lori Shulock  
David Sweatt, RT(R)  
Chuck Tracy, RT(R)  
Irene Villiott, LPN  
Kiersten White

#### 20 YEARS

Suzanne Harris  
Sheri Holt, RT(R)  
Lora Lantz, RN, BSN, CMSRN  
Margo Lemme, MT  
Maria Pfeffer, RN  
Kelly Preiksa

#### 25 YEARS

Travis Vandeway, RPh



*Dyani Wetcher was honored for her 35 years of service to Island Hospital. Wetcher has spent the majority of her years working in Patient Accounts. She remembers having paper files for all patients with hand written transactions.*

#### 30 YEARS

Nonita Kerley

#### 35 YEARS

Tom Bluhm  
Dyani Wetcher



*Island Hospital celebrated Director of Information Systems Tom Bluhm's 35 years of service. In the past three decades, Bluhm has seen staggering technological changes at the hospital. When he started back in 1984, the only departments that were digital were Patient Access, Patient Accounts and Finance. When asked about the biggest challenge, Bluhm noted, "the electronic medical records system and the impact it has had on providers."*

## 2019 Employees of the Month

January – Stacey Sardella, RN, CCRN

February – Marsha Walters

March – Aaron Schmitt, RRT

April – Marie Phillips

May – Almira Opilas, CNA

June – Allison Carson

July – Angel Villalobo, CPHT

August – Christopher Edwards, MT

September – Bridget Harrison, RT(R)(CT)

October – Kathleen Horr, RN, BSN, CCRN

November – Brenda Schindwein

December – Brent Adkison

## Volunteers recognized for service

Island Hospital is proud of our large and active Volunteer Services Department. IH volunteers donate their time and expertise in numerous departments throughout the hospital: Cancer Care, Surgery, Physical Therapy, Health Resource Center, SHIBA, Foundation, Community Education, Patient Access, Community Relations, and more. Each year, Island Hospital enjoys acknowledging the contribution of our Volunteers at our Annual Volunteer Recognition Dinner. Unfortunately, due to COVID-19, we were unable to hold our annual dinner this spring. We deeply value our volunteers and believe that our Volunteer Services program is the heart of our uncompromising dedication to the community. In 2019, volunteers contributed more than 22,069 hours of service to the hospital!

### UP TO 99 HOURS

Pat Witzke  
 Elizabeth Denison  
 Eva Beeks  
 Jeff Blanchard  
 Richard Carey  
 Robert Cummings  
 Ally Cutter  
 Noriko Fitz-Gerald  
 Ronald Johnston  
 Terry Kratzer  
 Sam Millen  
 Leander Nichols  
 Connie Pangrazi  
 Claudia Peters  
 Sharon Price  
 Richard Rodriguez  
 Randolph Schnable  
 Mary Selting  
 Pat Sterling  
 Lyle Tiberghien  
 Rick Wallace  
 Rosemary Walter  
 Dean Becker  
 Darlene Healy  
 Ann Marie Humphreys  
 Ken Hunting  
 Wilbur Johnson III  
 Patty Koskovich  
 Alyssa Ould  
 Ruth Peterson  
 Yoli Quevedo  
 Diane Vevea  
 Sally Brown  
 Jill Mix  
 Peter Witheford  
 Katy Edwards  
 Sheryl Robinson



*Island Hospital volunteer Ann Houston greets patients with a warm smile as they enter the hospital.*

### 100-199 HOURS

Janice Altomari  
 Jay Ham  
 Joni Simmerman  
 Dorothy Engrom  
 Marlene Kennerly  
 Pat Lamont  
 Kristine Murray  
 Connie Russell

### 200-299 HOURS

Erin Clark  
 Debbie Claus  
 Barbara Cooper  
 Joan Fossum  
 Miriam Montgomery  
 Sarah Tobien  
 Paul Allen  
 Cara Brown  
 Sue Chenoweth

### 300-399 HOURS

Floy Ann Montee  
 Elizabeth Denison  
 Gayle Meacham

### 400-499 HOURS

Jeri Liggitt  
 Karen Toedte

Linda Lewis  
 Steven Olsen  
 Dirk Van Dyke

### 500-599 HOURS

Kristi Bankhead  
 Margaret Hardesty

### 600-699 HOURS

Claudia Dillman

### 700-799 HOURS

Michael Moss  
 Kristen Comeau  
 Julia Lee

### 800-899 HOURS

Patty Munday  
 Julie Anderson  
 Danette Carroll  
 Diana Holmes  
 Bette Huff  
 Robert McGary

### 900-999 HOURS

Patricia Van Skyhawk  
 Wendy Patterson  
 Chris Anderson  
 Linda Reeb

### 1000-1099 HOURS

Barbara Allan  
 Patricia Dyer  
 Mac Langford

### 1100-1199 HOURS

Lenore Peterson

### 1200-1299 HOURS

Pegi Groundwater

### 1300-1399 HOURS

Peggy Insull  
 Carol Mann  
 Jean Vaughan

### 1400-1499 HOURS

Don Campbell  
 Rick Sleeper

### 1500-1599 HOURS

Susie Cawley  
 Cheri Pinson

### 1600-1699 HOURS

Diane Ramerman  
 John Insull

### 1700-1799 HOURS

Sandy Hatfield  
 Jean Garner

### 1800-1899 HOURS

Karen Maughan  
 Sally Kilpatrick

### 2100-2199 HOURS

Ann Huston

### 2300-2399 HOURS

Pat Weeth  
 Joan Hallenbeck

### 2400-2499 HOURS

Jeri Strom

### 2500-2599 HOURS

Diane Groves

### 2600-2699 HOURS

Ginny Brightwell

### 2900-2999 HOURS

Madeline Rose  
 Austin Schafer  
 Betsy Rogers

### 3100-3199 HOURS

Peter Dowden

### 3200 - 3299 HOURS

Shellie Bogosian

### 4700-4799 HOURS

Betty Adams

### 5100-5199 HOURS

Betty Anne Ely  
 Laurie Mueller

### 8500-8599 HOURS

Elaine Oliphant

### 10,000-10,099 HOURS

Marge Sargent

### 10,200-10,299 HOURS

Craig Smith

# IH Employee Wellness wins consecutive Zo8 awards

For the fourth straight year, the Island Hospital (IH) Employee Wellness Committee has been chosen as a Zo8 Award winner by the Washington State Health Care Authority. The Zo8 award is given to Public Employees Benefits Board organizations for their achievement in building and growing a sustainable wellness program. Employee Wellness organizes a number of activities for IH staff including a seasonal farm stand, wellness challenges and exercise classes.

In addition, IH Employee Wellness was recognized as one of five honorable mention recipients for the coveted Golden Apple Award at the Healthy Worksite Summit this past March. The Golden Apple Awards recognize outstanding employee health promotion programs among public and private employers in Washington State.



*Employee Wellness members (left to right) Jake Tuck, Liz Wingard, Barb LeDuc, Carolyn Pape, Janie Crane, Angie Sage, Allison Carson, Amber Phillips RD, and Sean McManus. Not pictured are Mary Beth Robinson RD, CDE and Kate Edwards.*

# Island Hospital launches DAISY Award program



*Island Hospital CEO Charles Hall, MSN, MBA; Emergency Services Administrative Assistant Katrina Kvorak; Surgical Services Supervisor Rhonda Lowry, RN; and former Chief Patient Care Executive Denise Jones, RN announce the introduction of the DAISY Award program to staff.*

Island Hospital has partnered with the DAISY Foundation, an organization dedicated to recognizing excellence in nursing. The DAISY Foundation was formed in 1999 by the family of J. Patrick Barnes who died at age 33 of complications of Idiopathic Thrombocytopenic Purpura (ITP). The nursing care Patrick received when hospitalized profoundly touched his family. As a DAISY Award Partner, Island Hospital will honor one nurse every quarter for their extraordinary compassion and clinical expertise. Individual nurses may be nominated by patients and families and are chosen by an Island Hospital committee.

To nominate a nurse at Island Hospital visit [www.islandhospital.org/daisy-award](http://www.islandhospital.org/daisy-award).



## **THE COURAGE TO CARE:**

# *Suicide Prevention in the Age of COVID-19*

September was Suicide Prevention Month. We've all seen specialty proclamation months come and go and many are trivial PR opportunities that can easily be ignored. But maybe during this time we should pay attention. With all the heightened emotion, anxiety, and even anger in the environment these days, suicide prevention month is a good opportunity to consider our psychological environment, and our mental health; let's consider how we can improve it; take care of each other; and prevent a tragedy.

Suicide is an enormous public health problem that doesn't get its share of attention. The Centers for Disease Control and Prevention (CDC) reports that the U.S. suicide rate has increased 31% since 2001 from 10.7 to 14 suicides per 100,000. The tragedy is worse in young people. After accidental death, suicide is the second leading cause of death among children (age 10-14), adolescents (age 15-24), and young adults (age 25-34). It's the fourth leading cause of death, after accidents, cancer and heart disease, in middle-aged adults (age groups 35-44 and 45-54).

Studies have shown that 90% of those who have died by suicide had a diagnosable mental health condition. Risk factors, such as a history of depression, anxiety or severe mental illness, family history of suicidal behavior, previous exposure to suicide, previous suicide attempts, recent suicidal ideation, and a history of drug and alcohol use might alert us to the possibility that a friend or family member is on the pathway to calamity. But statistics and risk factors aren't the whole story and they don't tell us what we need to do to intervene to prevent suicides.

There are two related barriers to effective intervention; denial and stigma. Like other health promotion efforts, early detection and treatment are critical, so we focus on education to overcome the universal problem of denial. There have been countless campaigns to educate about cancer, diabetes, or heart disease and these efforts yield good results. So why are we failing so miserably with the second leading cause of death for large segments of our population? Stigma.

Stigma is defined as a mark of disgrace associated with a particular circumstance, quality, or person. Admitting that you might

have a mental health problem has long been a focus of stigma in our society. Think about how often we use the terms 'crazy' or 'nuts' in casual conversation when joking or making a point. It's insidious. Yet most suicide prevention programs revolve around education and urging people to seek help. Stigma drives the vulnerable and psychologically-wounded person to close up and protect themselves rather than reach out to save their own lives.

After suicide people commonly ask why. Why did they do it? Why didn't they ask for help? Why didn't I see this coming? This is the conundrum of suicide prevention. Suicide is an act driven by factors that put an individual at risk. Environmental events mitigate or magnify that risk, culminating in choices that end in disaster. That is why, unlike any other health promotion effort, we need to go beyond merely educating about risk factors and think about promoting better mental health in individuals, families, schools, workplaces, organizations and our society.

Edwin Schneidmann, one of the great pioneers in suicidology, once stated that, "A suicide occurs when there is unbearable psychological pain directly related to thwarted psychological needs," and he conceptualized suicide prevention along three axes: Pain, Perturbation, and Pressure. Pain and Perturbation are related in that psychological pain is the collection of thwarted needs, wants, and other internal factors the individual struggles with. Perturbation is how that internal struggle is expressed externally as symptoms; the diagnosis if you will. We often look at these exclusively and ignore Pressure because Pain and Perturbation are what mental health professionals treat.

But in September 2020, Pressure is what is most prominent today. We have a global pandemic; severe disruption of jobs, schools, the economy; disruption of family routines; a contentious election; and prolonged strain and stress. Pressure and stress are everywhere, and it seems as if people can feel it in the air. We need to think about Pressure and Stress and consider how we might relieve it. That alone would decrease suicide risk. Can we tone down the volume, be more tolerant, be more generous, courteous, and kind? Can we



Paul Hammer, MD is a psychiatrist in the Psychiatry & Behavioral Health Department at Island Hospital. He earned his Medical Doctorate from the Uniformed Services University of the Health Sciences, Bethesda, MD. He went on to complete his psychiatry internship at the National Naval Medical Center in Bethesda and his residency at the Naval Medical Center in San Diego, CA. For information or appointments, call Psychiatry & Behavioral Health at 360-299-4297.

quiet the noise of rage around us and make good mental health an infectious epidemic? Can we look outward from ourselves—out of our own needs and wants and see how the people around us might be feeling and offer help and support? Just that little bit of help can be enough to help keep them going. Suicides are prevented one person at a time, not en masse.

So, with COVID, the election, economic uncertainty and hardship, social isolation, fear, anger, and stress, let's think about how we can help each other. Look out for your friends, family members, and co-workers who might be in psychological pain, under enormous pressures, or find themselves disturbed or upset far beyond what seems appropriate. Reach out; be a friend; connect. In this age of factions and factitiousness, perhaps we consider the message of Suicide Prevention Month and make the effort to connect with each other and heal.

# Breast Cancer Screening Saves Lives

**B**reast cancer is the most common cancer among women worldwide. The American Cancer Society estimates that over 325,000 Americans will be diagnosed with Breast Cancer in 2020 and over 42,000 will die from the disease. Breast Cancer Awareness Month was established in 1985 and is an annual campaign celebrated each October. The purpose is to increase awareness and focus on the importance of early detection through breast screening to help save lives.

Breast cancer screening can help to find cancer earlier when the disease is easier to treat, which leads to a better chance of survival.

Breast cancer screening guidelines have

changed over recent years. It's very important to know your risk of developing breast cancer. Start by having a conversation with your provider. Ask when you should start breast screening, what screening tools are best based on your risk and how often you should be screened.

- For a women of average risk, most leading medical organizations agree that starting at age 40, women should talk to their provider about when to start getting a mammogram.
- Beginning at age 50, women should get a mammogram every 2 years.
- For women with higher than average risk, screening guidelines are different

and start earlier than age 40. Talk to your doctor about your history and risk factors so you can make an informed decision on when to start breast cancer screening.

Island Hospital offers breast cancer screening including 3D Mammograms, Breast MRI and Ultrasound Guided Biopsies. For screening mammogram appointments call 360-299-4288. If you have a concern and would like to get screened, please talk to your doctor about what's best for you. If you need help finding a provider, please call the Health Resource Center at 360-299-1342.

**Knowing the facts is not enough... You've got to make the call.**

Schedule your 3D mammogram today, **360.299.4288.**

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

**BREAST CANCER IS THE MOST COMMON CANCER AMONG WOMEN WORLDWIDE**

**EARLY DETECTION SAVES LIVES**

<b>27%*</b>	<b>99%*</b>
FIVE YEAR SURVIVAL RATE FOR ADVANCE STAGE	FIVE YEAR SURVIVAL RATE FOR EARLY STAGE

\*Data based on information from the SEER database.

**ISLAND HOSPITAL**

The infographic features a central globe with a red ribbon symbolizing breast cancer. Surrounding the globe are silhouettes of women in various colors. A banner across the globe contains the text 'BREAST CANCER IS THE MOST COMMON CANCER AMONG WOMEN WORLDWIDE'. To the right, a box highlights survival statistics: '27%\*' for advanced stage and '99%\*' for early stage, with a note that data is from the SEER database. The Island Hospital logo is at the bottom right.

## ASSISTANCE continued from Page 7

funds for food and extra housecleaning supplies. Another patient used his card to cover the cost of several important prescription medications along with some extra food and supplies so that neither he nor his wife would have to go out for several days.

Vacanti said, "Our board is compassionate and committed to

assisting our patients by helping them through these difficult times. We cannot thank our supporters enough. Know that your genuine act of kindness and generosity is so appreciated."

For more information about giving to IHF or the Cancer Relief Fund, contact IHF at 360-299-4201.



## Back to school tips during COVID-19

While the back to school routine certainly does not feel normal this school year, below are a few ideas to help parents and students cope with socially-distanced learning. By setting up a few routines and thinking about your child's mental and physical health, as well as your own, we can all get through this challenging time and stay healthy in the process.

- 1. Schedule** – Whether your child is following a remote learning curriculum or you're homeschooling, a consistent routine can help everyone thrive. Try to schedule time for meals, learning, and free time each day.
- 2. Screen breaks** – Most of us are spending more time in front of a screen. It's important to take screen breaks for both your eyes and your body. Every 15 minutes, look away from the screen for one to two minutes. The standard recommendation is to look off into the distance at something at least 20 feet away. It's also important to get up from your workstation to stretch your legs, relax your hands, and give your body a rest from sitting at the computer. Reset your body with a few laps around the office or the kitchen.
- 3. Outside time** – While physical activity recommendations range based on a child's age, we can all benefit from time outdoors. The CDC recommends one hour or more of moderate to intense activity for children ages six through 17. Adults ages 18 to 64 should strive for minimum of 150 minutes of moderately intense activity each week, such as a brisk walk.
- 4. Nutrition** – Discussing and planning out meals and snacks with your kids is a great way to ensure you're eating well. Although you may not be leaving the house for school or work, consider packing a lunch the night before. Chop vegetables such as carrots and peppers on Sunday for quick grab-and-go sides or snacks during the week. Adding as many fresh vegetables and fruits into your child's diet, as well as your own, will help everyone stay healthy and alert throughout the day.
- 5. Community** – Social distancing is still necessary to stop the spread of COVID-19; however, having a small network of friends, neighbors, or family members is a key component to good mental health. Grab your masks and rain coats, when needed, and hit the trails together this fall.

We're all in this together. Planning and thought around diet, exercise and schedules will go a long way in keeping your children and yourselves healthy and happy this school year.

## Flu or COVID-19?

As we head into fall, we compound our fight against the COVID-19 pandemic with the onset of flu season. Influenza and COVID-19 are both very contagious respiratory illnesses caused by two different viruses: influenza and coronavirus. Because flu and COVID-19 share many of the same symptoms, it is difficult to tell the difference between them and testing may be necessary to confirm a diagnosis. Both flu and COVID-19 can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. They are both highly contagious and can be life threatening for certain populations, especially individuals with underlying medical conditions (e.g. heart disease, lung disease, diabetes, pregnant women, etc.).

### SIMILARITIES – COMMON SYMPTOMS OF BOTH FLU AND COVID-19

- Fever
- Cough
- Shortness of breath
- Fatigue
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting, diarrhea, or loss of appetite

### DIFFERENCES – COMMON SYMPTOM OF COVID-19 ONLY

- Change in or loss of taste or smell

While more is learned every day about COVID-19 and the virus that causes it, a lot is unknown.

Compounding our fight against the flu and coronavirus this time of year are the common cold and gastrointestinal (GI) viruses. These viruses may have similar symptoms to flu and COVID-19. Colds typically include a clear, runny nose, sneezing, and cough. Symptoms usually last three to seven days and tend to develop more gradually and are typically less severe. GI symptoms—vomiting, diarrhea, or loss of appetite—may occur in tandem with flu or other viruses.

### Diligent care to protect yourself from flu and COVID-19

Experts warn that it is likely both flu and COVID-19 will spread this fall and winter. Healthcare systems could be overwhelmed treating patients with flu, COVID-19, as well as seasonal viruses. While there currently is not a vaccine to prevent COVID-19, there is one available for flu. A seasonal flu shot in early fall is the best way to protect against the flu.

Your provider's office, walk-in clinics and many local pharmacies offer the flu vaccine.

Patients with a primary care provider at Anacortes Family Medicine or Fidalgo Medical Associates can receive a flu shot at one of two convenient Saturday flu shot clinics in October:

Saturday, October 10 from 9 a.m. to 4 p.m.

Saturday, October 24 from 9 a.m. to 4 p.m.

Appointments are required. Call 360-293-3101.

In addition to vaccination, follow these tips to avoid getting flu or COVID-19.

- Wash your hands frequently with soap and water.
- Wear a face covering when out in public.
- Avoid contact with sick people.

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# High-quality, affordable healthcare, you have a choice!

Just like shopping for a major purchase such as a car or home appliance, choosing where you get your healthcare should entail some research. When comparing healthcare facilities, look for one that ranks high in both quality and affordability.

At Island Hospital, we strive to provide the best healthcare experience to our patients. Our efforts have resulted in a number of awards. Last year, Island Hospital received two honors that we are extremely proud of, highlighting our commitment to our patients.

- **Four-star rating by Medicare** – This rating compares how hospitals perform, on average, compared to other hospitals in the U.S. across seven areas of quality: mortality, safety of care, readmission, patient experience, effectiveness of care, timeliness of care and efficient use of medical imaging. Island Hospital carries the highest star rating north of Seattle.

- **Top 100 Rural & Community Hospital** – This award is the most comprehensive and objective assessment of rural hospitals and assesses performance across eight pillars that span market, value and financed-based categories. Island Hospital scored in the top 100 of nearly 2,000 small, community hospitals across the country.

We are pleased to announce that Island Hospital has recently been honored with two additional awards that highlight our excellence in patient care.

- **Healthgrades 2020 Patient Safety Excellence Award™**—This award places Island Hospital in the top 10% in the U.S. based on 14 patient safety indicators.

- **Women's Choice Award™ for America's Best Hospital for Obstetrics** – This award recognizes the best hospitals based on data available from Centers for Medicare and Medicaid (CMS) and Hospital Consumer Assessment of Healthcare Provider and Systems (HCAHPS) survey responses.

## Stop the guesswork; comparison shop

Consumers have a choice in where they receive healthcare. The Centers for Medicare and Medicaid Services (CMS) has a tool— Medicare Hospital Compare—that enables consumers to easily compare hospital costs, ratings, patient-experience survey results, data about quality and more online. To learn more and begin your research, visit [www.medicare.gov/hospitalcompare](http://www.medicare.gov/hospitalcompare).

You can also find a list of all Island Hospital standard charges on our website at [www.islandhospital.org/pricing](http://www.islandhospital.org/pricing).

At Island Hospital, we understand the peace-of-mind that comes from knowing the cost of a procedure or visit in advance. For the convenience of patients, Admissions Counselors are available to review your insurance coverage and work up an estimate for you prior to your visit. Admissions Counselors can be reach at (360) 299-4203.

Before you schedule healthcare services, be sure to compare quality and affordability with the Medicare Hospital Compare tool. In your research, you will find Island Hospital ranks high in both categories.



*Betty-Anne Ely, the organizer of the IH Mask-ka-teers, presents IH CEO, Charles Hall, with the 3,000th sewn mask. The Mask-ka-teers have since sewn over 4,500 masks for patients and staff at Island Hospital.*

## MASKS continued from Page 8

on Ely's front porch. She delivered Halyard masks, fabric masks, and scrub hats to IH as soon as possible.

"It has been truly amazing to watch the supply of masks and scrub caps being delivered to the hospital," said Jones. "The Mask-a-teers were ready and willing to sew, and we are very grateful!"

Communicating by email with her team, Ely led the effort, coordinating the distribution of fabric and elastic, letting mask makers know about specific needs, and discussing patterns.

Ely says that the group sewed in a sprint for three months, but they are now sewing at a walking pace as the demand for masks has slowed. They will continue to make masks and caps until IH says there is no longer a need.

To date they have produced and given over 3,000 masks, with the bulk of them going to IH. In addition, some masks have been delivered to the Anacortes Family Center, local farm workers, and local schools.

"Working with this group has been so rewarding! They are upbeat and committed and always fill whatever need I throw them. Someday when we beat this virus, I hope to be able to meet everyone face to face," says Ely.

To volunteer or contribute fabric, contact Betty-Anne Ely at 360-840-3038.

An advertisement for Island Hospital. On the left is a photograph of the hospital's modern glass and steel entrance. The text "ISLAND HOSPITAL" is overlaid in large blue letters. Below the photo, it says "Learn more at www.islandhospital.org". On the right side, there are three award graphics: a "4-star rating by Medicare" with five gold stars, a "100" in a red location pin icon, and a "TOP 100 RANKING amongst all rural hospitals in the U.S." badge. At the bottom right, it says "RURAL &amp; COMMUNITY TOP HOSPITAL 2020" with logos for Healthgrades and Medicare.

# Medicare open enrollment services available

Medicare's open enrollment period occurs annually from October 15 – December 7. During this time, Medicare beneficiaries can make changes to their Medicare Prescription Drug Coverage (Part D) or Medicare Advantage Plan (Part C) for 2021. Reviewing your Medicare related plans annually during Medicare's open enrollment period will help avoid network issues for the upcoming year, provide an opportunity to change to a more comprehensive plan and evade surprise premium adjustments. With COVID-19 restrictions in place, this year's open enrollment is going to look different from previous years, but Statewide Health Insurance Benefits Advisors (SHIBA) will be available to help navigate options for 2021!

SHIBA is a program overseen by the WA State Office of the Insurance Commissioner to provide free, unbiased Medicare information to individuals through trained volunteers. Island Hospital is the sponsor site for West Skagit County and San Juan County, with 15 SHIBA volunteers between Island Hospital, Lopez Island, Orcas Island, San Juan Island and Samish Indian Nation. Island Hospital's SHIBA program has continued to experience an increased demand from the community for Medicare assistance, averaging a 34% increase in client contacts year over year during the fourth quarter. In addition to individual Medicare beneficiary guidance, providing



Julie McKee is the Health Resource Coordinator at Island Hospital. She oversees the SHIBA program for Skagit and San Juan counties, obtains and updates numerous health resources and works with internal healthcare professionals and agencies to maintain current solutions for patient healthcare concerns. "My self-expectation is to leave an individual with a positive experience," says McKee. "If I am personally unable to solve an issue, it is my responsibility to never end an interaction with a person lacking direction, but rather to seek out the resources they need." The Health Resource Center is currently closed to in-person assistance due to the COVID-19 pandemic. For phone assistance, please call 360-299-1397.

opportunities to obtain information in a class format has also proven valuable. Island Hospital's SHIBA volunteers led 11 classes during the annual open enrollment period in 2018 resulting in 159 attendees while the same period in 2019 saw a 235% increase in attendance with 14 classes and 532 attendees.

As demand grows and plans change, Island Hospital's SHIBA program is ready to provide you with information that will help you feel confident in making decisions related to

Medicare plans in 2021. There will be no in-person SHIBA appointments or classes due to COVID-19. Although the Health Resource Center will remain closed to the public, information will continue to be available. To schedule a free phone appointment with a SHIBA volunteer, please call 360-299-4212. To attend a free online class led by a SHIBA volunteer, you may call Community Education at 360-299-4204 or register online at [www.islandhospital.org/classes](http://www.islandhospital.org/classes).

## FAREWELLS continued from Page 2

to Director of Acute Care/ICU and was again promoted to Chief Patient Care Executive in 2015. Jones' warm-hearted demeanor and leadership strength has earned her credibility with support staff, nursing, managers and physicians. She brought a nursing and patient care focus to the forefront at IH. Jones has chosen to take an opportunity to spend more time with her family and return to her nursing roots as an instructor.

Dr. Robert Prins retired from his position as a physician (OB/GYN) at Fidalgo Medical Associates and Chief Medical Officer at Island Hospital in August. Prins has been a well-loved and respected obstetrician/gynecologist in the Anacortes community. He delivered his first baby at IH in 1995 as a physician at Fidalgo Medical Associates (then managed by Virginia Mason). During his time here, Prins delivered 1,905 babies and performed hundreds of gynecologic procedures. He brought laparoscopic supracervical hysterectomy to IH; reduced C-section in the Birth Center; pushed for standardization of interpretation of fetal heart rate tracing and ongoing competency; introduced quality metrics to providers; and was a strong advocate for women's health in the community. We will greatly miss his presence and expertise.

## FLU continued from Page 19

Focus on keeping your immune system strong by eating a nutritious diet, getting regular exercise, drinking plenty of fluids and getting enough sleep every night.

If you have flu or COVID-19 symptoms, stay home and isolate yourself from others. The Island Hospital Respiratory Clinic is open every day, 8 a.m. to 5 p.m., for evaluation and testing of respiratory illnesses. Appointments are required. Call 360-293-3101.



Vola LeRoux, FNP-C is a family nurse practitioner in Fidalgo Medical Associates. LeRoux holds a master's degree from Maryville University in St. Louis, Missouri. She enjoys working in primary care and educating patients about health maintenance and health-disease prevention. For more information or to make an appointment with LeRoux, call 360-293-3101.

# Health & Wellness

## Classes

All classes and screenings at Island Hospital require registration unless specifically stated in the program description. If you cancel your registration, we ask for a minimum of 24 hours advance notice.



**THREE EASY OPTIONS FOR REGISTRATION**

Visit [www.islandhospital.org/classes](http://www.islandhospital.org/classes)

Email [communityed@islandhospital.org](mailto:communityed@islandhospital.org)

Call (360) 299-4204

## Classes

### BIRTH & BEYOND

#### Car & Booster Seat Clinic

**SAFE KIDS NORTHWEST** 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. Face masks are required (children under 2 exempt). Vehicles limited to four family members. Technicians will be wearing masks and fresh gloves for each vehicle.  
*When: Thursday, December 10, 2-4 p.m.*  
*Where: Island Hospital's 24th Street parking lot*  
*Cost: FREE*  
*Appointments: CarSeatsNW@gmail.com*

#### Childbirth Education Classes



This four-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.  
*When: Tuesdays, October 27– November 17, 6:30-8:30 p.m.*  
*Where: ONLINE*  
*Cost: \$95/per couple or individual (covered by Apple Health)*  
*Instructor: Teri Shilling, MS, LCCE, CD(DONA), IBCLC*

#### Nutrition for a Healthy Pregnancy



Learn essential tips for ensuring proper nutrition during each stage of your pregnancy from conception to the first post-partum meal. Join a Registered Dietitian for this webinar that will cover topics including critical nutrients for each stage of fetal growth, strategies for managing morning sickness, and methods to build your milk supply. Learn how to nourish your body with a well-balanced diet to give your growing child a great start to life.  
*When: Wednesday, October 28, 6-6:45 p.m.*  
*Where: ONLINE*  
*Cost: FREE*  
*Instructor: Amber Phillips, MS, RD*

### DIABETES

#### Living Better with Diabetes



Today diabetes affects one in nine adults in the U.S. To derail that trend more Americans must commit to lead healthier, more active lives. If you have or are at risk of developing diabetes, there are positive steps you can take to control your health. Join Registered Dietitian and Certified Diabetes Educator Mary Beth Robinson, MS, RD/LD, CDE in a discussion on eating healthy, being active, and reducing risks to help manage diabetes.  
*When: Tuesday, December 1, 10-10:30 a.m.*  
*Where: ONLINE*  
*Cost: FREE*  
*Instructor: Mary Beth Robinson, MS, RD/LD, CDE*

### NUTRITION

#### Dietary Strategies for Managing High Cholesterol



Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian Amber Phillips for an informative 30 minute talk on small changes you can make to your diet. Phillips will cover strategies that go beyond the standard advice to reduce saturated fat and cholesterol intake.  
*When: Wednesday, November 4, 2:30-3 p.m.*  
*Where: ONLINE*  
*Cost: FREE*  
*Instructor: Amber Phillips, MS, RD*

#### Healthy Eating Habits for the Holidays



Tis the season! Be proactive with your health by learning strategies to navigate holiday eating with a Registered Dietitian. This class is geared toward 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 this season.  
*When: Wednesday, November 11, 2:30-3 p.m.*  
*Where: ONLINE*  
*Cost: FREE*  
*Instructor: Amber Phillips, MS, RD*

REGISTRATION  
OPTIONS

1.

visit [www.islandhospital.org/classes](http://www.islandhospital.org/classes)

## MEDICARE

### 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 2021. We'll cover important timelines for making changes and information on how to research your options.

*When: Tuesday, October 20, 1 – 2:30 p.m.*

*Tuesday, October 27, 1 – 2:30 p.m.*

*Tuesday, November 3, 1 – 2:30 p.m.*

*Wednesday, November 11, 1 – 2:30 p.m.*

*Tuesday, November 17, 1 – 2:30 p.m.*

*Tuesday, December 1, 1 – 2:30 p.m.*

*Where: ONLINE*

*Cost: FREE*

*Instructor: SHIBA Volunteer*

### Healthy Sleep Habits

#### Featuring Dr. Robert Reyna



Join Dr. Reyna, Medical Director of the Island Hospital Sleep Center for a review of healthy sleep habits to help you obtain a good night's sleep. You will learn how to develop

a good bedtime ritual and to identify those behaviors that interfere with getting quality sleep. We will outline normal sleep cycling and sleep patterns and how that impacts whether you wake up feeling refreshed in the morning.

*When: Wednesday, October 21, 1-1:30 p.m.*

*Where: ONLINE*

*COST: FREE*

*Instructor: Robert M. Reyna, MD*

### Managing Your Mental Health

#### Featuring Dr. Paul Hammer



Join Dr. Hammer, a psychiatrist at Island Hospital Psychiatry and Behavioral Health Clinic, for a discussion on managing and maintaining mental health in the face of stress. You will learn

how to manage stress, fight anxiety and depression, improve resilience, and manage your emotions in crises. We will discuss common myths and misconceptions about mental health and you will gain some tools to help you live a fulfilling and mentally healthy life.

*When: Thursday, October 29, Noon – 1 p.m.*

*Where: ONLINE*

*Cost: Free*

*Instructor: Paul S. Hammer, MD*

## Health Screenings

*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, November 10, 10:30 a.m.-12:30 p.m.*

*Where: Physical, Occupational & Speech Therapy at Island Hospital*

*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 3, 1:30-3:30 p.m.*

*Where: Physical, Occupational & Speech Therapy at Island Hospital*

*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 8, 1:30-3:30 p.m.*

*Where: Physical, Occupational & Speech Therapy at Island Hospital*

*Cost: FREE*



Patients with a primary care provider at Anacortes Family Medicine or Fidalgo Medical Associates can call to schedule an appointment for the flu shot at one of our upcoming flu shot clinics.

**Call (360) 293-3101**  
 for more information or  
 to schedule an appointment.

[www.islandhospital.org](http://www.islandhospital.org)

2. Email [communityed@islandhospital.org](mailto:communityed@islandhospital.org)

3. Call 360-299-4204

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