



ISLAND HOSPITAL

Spring/Summer 2017

# Heartbeats

*Magazine*



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## Commissioner Message

### Financial challenges we face

by Warren Tessler

Island Hospital Board of Commissioners



It's been a little over a year since I joined the Board of Commissioners, and it has been a year unlike any other.

I admire the job that CEO Vince Oliver has done to assemble a strong leadership team, recruit physicians and staff, to lead that team to provide high-quality healthcare, and to do so in a fiscally

responsible and successful manner. In making the transition from member of the community to member of the Board, I've seen how the Board works with Administration to evaluate opportunities, react to challenges and make strategic decisions that will affect all of us in the short and long term.

The challenges involved in managing a hospital are unique. How hospitals are paid – via reimbursement, by the insuring agency or company – is unique to healthcare. Most patients are covered by some form of Medicare, Medicaid, Tricare or private insurance. While it may seem that the charges for hospital services are high, the prices set by hospitals do not impact how much Medicare and Medicaid pay. Government health-insurers pay the hospital a flat rate based on the diagnosis or procedure.

For example, let's look at two patients who have hip replacements. One stays in the hospital for three days and one has complications and stays for five days. One is in surgery for three hours, one is more complicated and in there for five hours. The hip replacement for one person cost the hospital \$15,000; the other is more specialized and costs \$22,000. At the end of their stays, Medicare will pay us the exact same amount, regardless of the amount of care, regardless of the charges incurred and regardless of what it cost us to provide care to these patients. What other business has to function that way?

With nearly 75% of Island Hospital revenue coming from Medicare, Medicaid and Tricare patients, you can see how careful we must be with our finances. Commercial insurers such as Kaiser (Group Health), Premera, Regence and others remain important to us, but we have to find growth, efficiency and opportunity wherever we can. As part of our ongoing strategic planning, the Board and senior management are constantly seeking to identify new programs to meet the needs of our community or ways to be more efficient at what we do.

The Affordable Care Act (ACA) gets a lot of attention these days. It has enabled a great many people in our area to gain healthcare coverage, either through the Healthcare Exchanges or the Medicaid expansion. This has helped Island Hospital greatly by reducing the hospital's bad debt and charity care by approximately \$3 million annually. The ACA has many flaws that could be fixed, yet its overall impact on Island Hospital and many hospitals of all sizes has been beneficial. As Commissioners of the hospital district, we are concerned that

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# Interventional pain management: more uses than you might think

By Xi Bei Tian MD, Pain Interventionist



Many people have the impression that interventional pain management (IPM) involves only back injections; but while these injections are certainly part of IPM, there is so much more to the treatment and alleviation of pain.

IPM starts with comprehensive evaluation including, but not limited to:

- The patient's history
- Evaluation of symptoms
- A physical exam
- Imaging studies, when indicated
- A review of all previous therapies

After a plausible etiology (basically, factor or factors contributing to the cause) is identified, interventions are chosen accordingly. The targets for interventions are nerves, bones, joints, muscle/connective tissues – certainly not limited to the spine. For example, if a nerve is selected to be the target, possible interventions include nerve blocks, neurolysis with chemicals or with electric energy, nerve modulations, and medication delivery directly to the nerves. Even back injections are not all the same; they can differ in targets (facet joints, facet nerves, bone defects, myofascial or epidural) and medications used (local anesthetics, steroids or opioids).

Due to the wide difference between both targets and cause-specific interventions, IPM can treat conditions you may not have thought possible. The lengthy list includes conditions such as:

- Complex regional pain syndrome (CRPS)
- Neuropathies (diabetic, alcoholic, post-herpetic and more)
- Leg pain from vessel diseases
- Migraines
- Hip and knee pain for which surgery is unsuitable
- Persistent back pain with or without back surgeries
- Abdominal/pelvic pain without clear causes
- Spasticity from stroke or cerebral palsy
- Pain from terminal illness
- Being on high-dose opioids yet not achieving sufficient relief and/or not tolerating side effects

Healthcare providers and patients need not feel burdened with deciding whether a condition is amenable to any intervention. That question can usually be more readily answered and resolved by an interventional pain specialist.

*Dr. Tian is a pain interventionist at the Center for Pain Management at Island Hospital, located in the IH Medical Office Building, 2511 M Ave., Suite. C, Anacortes. For appointments call (360) 299-4929.*

## Get your cost upfront!

Our staff understands the peace-of-mind that comes from knowing in advance how much a procedure will cost. If you are considering an inpatient or outpatient procedure at Island Hospital and would like an estimate of the cost, please contact our Admissions Counseling office at (360) 299-4203.



# As I See It...

By Vince Oliver, IH Chief Executive Officer

Following our stormy (and wet!) winter and spring, it seems that most of us are welcoming summer with added enthusiasm this year. This is also the time of year that many parents celebrate children who are graduating from high school, simultaneously trying to determine how to finance a college or technical education.

Island Hospital is also facing a financial challenge: How do we maintain our facilities and upgrade our technology with reimbursements for services trending downward while costs are trending upward?

Over the past years, Island Hospital has been an exceptional steward of its limited resources. We have provided services to meet the growing needs of our community, expanded and upgraded our facilities to offer the best technology and services, all while improving quality and maintaining financial viability. However, like all healthcare providers, Island Hospital is now facing a growing backlog of needed technology and facility upgrades as costs are outpacing revenues.

A required new medical-record system – currently being implemented – will cost nearly \$12 million over the next five years. Additionally, we face vital maintenance projects for older facilities that will cost nearly \$9 million more. In order to meet these needs, the Island Hospital Board of Commissioners has decided to ask voters to increase our Maintenance &

Operations Levy (M&O) by 31 cents (per \$1,000 of assessed property value) on the August 1, 2017 ballot.

As a publicly owned facility, Island Hospital relies on taxpayer support to help meet the financial challenges we face. Hospital patient-care revenues provide 97% of the \$100 million budget, while the remaining 3% comes from taxes. Even with a 31-cent increase, District residents will likely continue to pay the lowest property-tax rate in Skagit County. Island Hospital has not asked taxpayers to increase the M&O since at least 1987 (as far back as records are available). It is important to note that no tax dollars are or will be used to pay salaries or benefits of hospital staff.

Over the next two months, the Island Hospital Board of Commissioners and executive staff will be out in the community speaking about the ballot measure, answering questions and hearing concerns and suggestions. In this issue of Heartbeats, we have included a fact sheet with details about hospital needs and the effects of an M&O Levy increase. For more information, including dates for community meetings, please visit [www.islandhospital.org](http://www.islandhospital.org).

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

## Murray Laidley named EMR Project Manager



Murray Laidley has been named Island Hospital's Electronic Medical Records (EMR) Project Manager, a position in which he – along with Executive Assistant Kim Graf and Information Services (IS) Director Tom Bluhm – is responsible for leading the EMR project teams and facilitating coordination with *Meditech*, *Engage* and third-party vendors.

A veteran of multiple successful technology companies since 1973, Laidley is experienced in multiple markets, hosting and data center operations, support and professional services, leadership of large and small teams, vendor management, and rolling out enterprise software. He has served as Vice President R&D at Insightful (predictive analytics for the financial and healthcare markets); Vice President of Technology at Qpass (mobile commerce); Senior Vice President of Engineering at SumTotal Systems (learning and performance management); and Vice President of Research & Development at Tidemark (government systems, workflow, case management, self-service portals). He most recently directed Health Information Exchange, Population Health and Care Coordination initiatives at Medical Information Network – North Sound in Mount Vernon, WA.

"I am extremely pleased to join Island Hospital for this critical project," Laidley said. "This will bring to our hospital a fully integrated and meaningful use-compliant medical-records system as well as fiscally responsible use of resources and improved efficiency for physicians and staff. As a resident of Anacortes, I'm highly motivated to achieve a successful outcome!"

### Our Mission:

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

#### Island Hospital

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

Correspondence to commissioners can be sent to:

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

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#### Heartbeats

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## Our Promise

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

# Mumps outbreak 2017: What you should know

As of this writing, 842 cases of confirmed or probable mumps have been reported in Washington state, a number that represents approximately 10% of the anticipated new cases of mumps reported nationwide in the 2017 outbreak. Seventeen new cases were reported in Skagit County as of May 22 (notably up from a previous reporting period).

Caused by a virus, mumps was a common childhood disease worldwide. With approxi-



mately 185,000 cases reported each year in the U.S., mumps was the No. 1 cause of viral encephalitis and a leading cause of viral meningitis. In 1967, the U.S. Measles/Mumps/Rubella (MMR) vaccination program started, decreasing reported cases in the U.S. by more than 99%. Yet mumps continues to be very

common in other parts of the world where vaccination is not used or vaccination rates are low, and mumps and other vaccine preventable diseases remain a risk for travelers.

## Symptoms of mumps

Some people who get mumps have very mild or no symptoms and may not even know they have the disease. For others, the most common symptoms include fever, headache, muscle aches, tiredness, loss of appetite, and/or swollen and tender salivary glands under the ears on one or both sides. The appearance of symptoms ranges from 12 to 25 days after infection.

## Vaccination, the best protection

A study conducted among children attending a summer camp in New York where a mumps outbreak occurred revealed 96% of study participants had a history of at least one dose of vaccine; 91% of these had a two-dose MMR vaccine history. The mumps “attack rates” among two-dose, one-dose, and zero-dose vaccine recipients were 3.6%, 8.7%, and 42.9%, respectively. In other words, the risk of mumps for fully vaccinated people was 8.33% of that for unvaccinated people. If you were vaccinated, you had a 3.6% chance of getting mumps; without vaccination, your chances rose to 42.9%.

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*Three-year-old Lilly Arrington receives a fluoride treatment from Jody Cousins MD at Fidalgo Medical Associates.*

## FMA now offers fluoride treatments

Evidence has shown fluoride’s effectiveness in preventing and reducing cavities when delivered to children and adolescents via their drinking water and/or fluoride treatments. February 2017 research published by the Centers for Disease Control and Prevention (CDC), reported on three clinical trials comprising 2,424 children aged 0 to 5 years and followed up for 3 years. The researchers found zero fluoride varnish-related adverse events and supported its safety as an effective prevention intervention for caries (cavities) in young children.

Family medical physicians at Fidalgo Medical Associates (FMA) have received special training for delivering fluoride varnish treatments – a substance that looks like a gel and tastes like bubble gum.

Excited to be able to offer this service to her patients, Jody Cousins MD said, “Receiving fluoride through water and supplementing it with varnish is preferred. Children whose water supply contains no fluoride can particularly benefit from these treatments. Benefits include less needless dental pain, fewer days missed from school and less financial expense down the line.”

The fluoride varnish treatments are covered by most health-insurance plans. For appointments or more information, call Fidalgo Medical Associates at (360) 293-3101. FMA is located at 1213 24th St., Suite 100, Anacortes.

## Canyon purchases home-healthcare

Island Hospital’s Home Health has been purchased by Canyon Home Care & Hospice, a Utah-based company that owns and operates services at 12 other locations. The sale was approved by the hospital Board of Commissioners in April.

“We identified that changes administering home-healthcare services necessitated a level of expertise that we could no longer support,” said Vince Oliver, Island Hospital CEO. “We sought a partner that would offer industry knowledge and patient-care experience that would meet the standard of care provided by Island Hospital. We believe that Canyon Home Care & Hospice is a perfect fit to maintain excellent home-health services for the communities we serve.”

Canyon provides Medicaid- and Medicare-approved home health, personal, hospice and pediatric care at eight locations in Utah, three in Idaho and one in Oregon. This is Canyon’s first Washington-based service.

Current home-health patients will become patients of Canyon. “We are working closely with Canyon to ensure a seamless transition in patient care,” Oliver said, adding that there are currently 90 to 100 home-health patients.

Canyon remains in the same office space at 2601 26th St., Anacortes, and can be reached at (360) 299-1302.

# IH farm stand opens June 13

The popular Tuesday farm stand at Island Hospital, sponsored by the IH Employee Wellness Program, opens June 13 in the courtyard near the hospital's 24th Street main entrance. The IH farm stand is the perfect place to shop for local produce and much more from Schuh Farms in Mount Vernon and other local, fresh-product vendors.

The farm stand runs every Tuesday from 11 a.m. to 4 p.m. through Sept. 12 and will feature:

- Fresh local produce (including berries), jams, honey, fresh-baked fruit pies, shortcake and flowers from Schuh Farms
- Gluten-free baked goods, lavender lemonade, cold-brewed coffee drinks and farm-fresh eggs from Anna Marie's Bakery
- Recipes and health/nutrition tips

## Fresh-to-Go bags

Weekly Fresh-to-Go (FTG) bags are available to pre-order for \$12. The bags contain five to seven produce items and are pre-bagged and ready for easy pick-up at the farm stand. What you get in your FTG depends on the season. Anyone interested in receiving the



*Jen Schuh, of Schuh Farms, shows off some beautiful strawberries at last year's Island Hospital farm stand.*

FTG weekly email notice, listing the produce they can expect to find in that week's bag and instructions on how to pre-order a bag, can contact IH Dietitian Suzie DuPuis RD at [farmstand@islandhospital.org](mailto:farmstand@islandhospital.org) and provide full name, email address and phone number.



## Top 5 reasons to use myIslandHealth

Island Hospital continually looks for ways to improve communication and access for our patients. With myIslandHealth, patients are able to securely manage their healthcare information anytime, anywhere. The service is free, convenient, easy to use and sends an email notification when you have new information in your health record.

New features have been added to support efficient and effective communication with your healthcare provider. Here are the top five reasons patients should consider using myIslandHealth to manage their healthcare online (new features are listed in bold):

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# SANE nurse training enhances community efforts against violence

Eight Island Hospital nurses continue to maintain certification under the Sexual Assault Nurse Examiner (SANE) training program to better care for victims. The program here is led by IH Clinical Programs Coordinator (Trauma, Stroke and Sexual Assault) Lisa Edwards RN, who also serves on the Skagit County Sexual Assault Response Team.

Along with five of the SANE-certified IH staff, nurses from Skagit Valley Hospital, Mount Vernon, and Cascade Valley Hospital, Arlington, attended the training by the Harborview Center for Sexual Assault and Traumatic Stress. All are appreciated for committed efforts to provide compassionate, high-quality sexual-assault care to victims in their respective communities. The program also improves the ability to prosecute those guilty of these crimes with careful examination and collection of evidence.

SANE-trained nurses at Island Hospital are Kimberly Brotemarkle, RN, CEN; Stephanie Canapo RN; Lisa Edwards RN; Maria Eisenberg RN, CEN; Stacie Hansen RN, CMSRN; JoAnna Pattison RNC, CEN; Darcy Tietjen RN, PN; and Kate Woyski RN, BSN, CCRN.

"These nurses are providing a great service to victims of abuse," said Chief Patient Care Executive Denise Jones RN. "In addition, they help our community fight back against these crimes."



*Five of the eight Island Hospital nurses who are certified in SANE training gather with Chief Patient Care Executive Denise Jones RN (at far right). They are (from left) Maria Eisenberg RN, CEN; Darcy Tietjen RN, PN; Kate Woyski RN, BSN, CCRN; Stacie Hansen RN, CMSRN; Lisa Edwards RN; and Denise Jones RN, MN.*

## Meet Jonie McBee, certified family nurse practitioner



**J**onie McBee MSN, RN, ARNP recently joined the Sleep Wellness Center, bringing 31 years of nursing experience, including 10 years as a registered nurse and 21 years as a family nurse practitioner.

McBee earned her Bachelor's degree (magna cum laude) from Texas Tech University Health Sciences Center, Lubbock, TX (1985) and her Master's degree from Old Dominion University, Norfolk, VA (1995).

During her active-duty service with the U.S. Navy and as a member of the Naval Reserves, McBee received exceptional experience in numerous locales and provided care in such diverse areas as primary care, pain rehabilitation for veterans, treatment of patients for PTSD, OB/GYN and breastfeeding guidance. After retiring from the Navy Nurse Corps in 2013, she worked for the New Mexico Veterans Administration Health Care System, Rio Rancho Public Schools, NM, and Opportunity Health Care, Orem UT.

McBee was awarded the Navy and Marine Corps Commendation Medal in 2004 and again in 2006, and received the Meritorious Service Medal in 2010. She is board certified as a family nurse practitioner through the American Nurses Credentialing Center and is a member of the American Academy of Nurse Practitioners, American Nurses Association and Sigma Theta Tau.

The Sleep Wellness Center is located at 1110 22nd Street Anacortes, WA. For appointments call (360) 299-8676.

## FMA welcomes Matt Nolan as Clinic Manager



**M**att Nolan is now Clinic Manager for Fidalgo Medical Associates (FMA), where he leads and directs day-to-day clinic operations in regards to access, quality measures and care-team

engagement toward providing the best patient experience and outcomes possible.

Nolan received his Bachelor's degree from the University of South Alabama, Mobile; his Lean Six Sigma Green Belt from the Naval Education Training Command, Pensacola, FL; and his Lean Six Sigma Black Belt from the University of Villanova, PA.

A nurse leader with over 14 years' experience in directing quality assurance and process improvements involving patient safety and fiscal responsibilities, Nolan has served as (earliest to most recent):

- Charge Nurse, Naval Hospital Balboa, San Diego, CA.

- Lead Nurse Shock Trauma Platoon, Al Qaim, Iraq.
- Nurse Manager, Naval Hospital, Oak Harbor, WA.
- Nurse, Bremerton Naval Hospital, WA.
- Executive Nurse, Naval Branch Health Clinic, Everett, WA.
- Practice Manager, Skagit Regional Clinics, WA.
- Practice Manager, Family Dermatology, Anacortes.

"I am grateful for the opportunity to work with a great hospital and a team that is so highly regarded by our community," Nolan said. "I hope to help Fidalgo Medical Associates continue its delivery of great healthcare to our patients by matching the ear of the provider and process to the voice of each individual served."

Fidalgo Medical Associates is located in the Island Medical Center, 1214 24th St., Anacortes. For more information or appointments, call (360) 293-3101.



## FREE taxi service for San Juan County patients

**P**atients who live in San Juan County can receive free round-trip taxi service when obtaining medical services from Island Hospital or a hospital-operated clinic.

### Eligible Hospital Services

- Birth Center
- Cancer Care Center
- Cardiopulmonary Rehabilitation
- Diagnostic Imaging
- Emergency Services
- Laboratory Services
- Physical, Occupational & Speech Therapy
- Psychiatry & Behavioral Health
- Respiratory Therapy
- Surgery Center
- Wound Care & Hyperbaric Medicine

### Eligible Clinics & Off-Campus Services

- Anacortes Family Medicine
- Center for Pain Management
- Fidalgo Medical Associates
- Island Surgeons
- Island Hospital Sleep Wellness Center
- Skagit Regional Clinics – Cardiology
- Skagit Regional Clinics – Urology
- The Walk-In Clinic at Island Hospital

### How to reserve free taxi service

Those who wish to use this service need only call Mert's Taxi, (360) 708-6358, the day prior to your appointment and arrange to be met upon arrival at the Anacortes Ferry Terminal.

Questions? Call (360) 299-1310.

# Island Surgeons welcomes Bryan Potter MD



**B**ryan Potter MD has joined Island Surgeons, where he specializes in general surgery, head and neck surgical oncology, and phlebology.

Dr. Potter received his Doctorate of Medicine

degree from University of Cincinnati, College of Medicine. He completed his internship at the Department of Surgery, Methodist Hospital, Indianapolis, IN; and his residency at the Department of Surgery, Jewish Hospital, Cincinnati – where he also served as chief resident. This was followed by a fellowship at the Department of Head and Neck Surgical Oncology, University of Texas MD Anderson Cancer Center in Houston, TX.

Dr. Potter began his career as a staff surgeon at Coshocton County Memorial Hospital, Coshocton, OH. From 2004 through 2011, he practiced in rural Oregon and Washington (including at Island Hospital as a locum tenens surgeon 2008-09), where he provided a broad range of general, head and neck, trauma, thoracic, gynecologic and vascular surgical care. In 2012 Dr. Potter returned to the Midwest, having chosen to dedicate himself entirely to the management of varicose vein disease, and he has since earned certifications in diagnostic ultrasound of registered vascular technologist (RVT) and registered physician in vascular interpretation (RPVI). Dr. Potter comes to Island Surgeons from Rocky Mountain Vein Clinic, Billings, MT, where he specialized in phlebology.

“I am genuinely excited to return to Anacortes and have another opportunity to work with the expert staff at Island Hospital,” he said. “I have practiced in many facilities throughout the country, and Island has always stood out as a special place. I thoroughly enjoy the Pacific Northwest lifestyle, but more importantly I find that the people of this entire community are truly warm and accepting. I look forward to providing the highest level of surgical care to all patients as I make my new home here.”

Dr. Potter is a member of the American Board of Surgery and the American Board of Venous and Lymphatic Medicine.

For an appointment with Dr. Bryan Potter, call Island Surgeons at (360) 293-5142, located at 1213 24th St., Suite 700, Anacortes.

## Kirsten Pickard ARNP, FNP-BC practicing at AFM

**K**irsten Pickard ARNP, FNP-BC, has joined Anacortes Family Medicine (AFM) and is now seeing patients.

Pickard earned her Bachelor of Science degree in nursing from the University of Massachusetts-Dartmouth, North Dartmouth, MA in 2004. She earned her Master of Science, Family Nurse Practitioner, from Frontier Nursing University, Hyden, KY, in 2014.

Her clinical experience includes serving as a registered nurse at the University of California San Francisco Medical Center from 2004-06. Pickard began working at Jefferson Healthcare, Port Townsend,



WA, in 2006 as a clinical nurse in the Family Birth Center, completing her certification as a maternal-child RN-C. She was promoted to supervisor of the unit in 2009 and then served as Director/Clinical Nurse Manager from 2011-14.

From 2014-16 she practiced as a primary-care provider at Jefferson, while also working at Multicare RediClinics in Seattle and Island Hospital’s AFM, Orcas Medical Center (OMC) and Lopez Island Medical Clinic. She practiced at OMC until her move to AFM.

For appointments call AFM at (360) 299-4211. The clinic is located in the Island Hospital Medical Office Building at 2511 M Avenue.

## Miri Levi joins Walk-In Clinic at Island Hospital



**F**amily Nurse Practitioner Miri Levi MS, FNP-BC, WHNP-BC, CNM, IBCLC has joined The Walk-In Clinic at Island Hospital and is now seeing patients.

Levi earned her Bachelor and Master of Science degrees in Midwifery and Women’s Health from Columbia University in New York City. She then completed a post-masters certificate as a Family Nurse Practitioner at the University of Massachusetts. In addition, Levi is board certified as a lactation consultant (IBCLC) by the International Board of Certified Lactation Consultant Examiners.

Originally from Vancouver, B.C., Canada,

Levi worked on the East Coast in New York and Pennsylvania for several years before recently returning to the West Coast. She has worked in a variety of clinical settings including walk-in clinics, OB/GYN offices and in-home geriatric healthcare. Before becoming a medical professional, Levi achieved a Bachelor of Fine Arts in Musical Theater from The New School in New York City and worked as an opera singer in North America and Europe.

Passionate about supporting families throughout the lifespan, Levi says, “I am committed to providing the care they need when they need it. I enjoy working in partnership with my patients to provide individualized, evidence-based, patient-centered care that treats the whole patient and not just their spe-

cific symptoms. I focus on connecting with my patients and providing them with the education they need to help them take control, manage their conditions and become an active participant in their own healthcare.”

Levi lives in Anacortes with her husband and their three children. In her spare time, she enjoys reading, knitting and spending time at the beach with her family and her dog.

The Walk-In Clinic at Island Hospital is housed at Anacortes Family Medicine, 2511 M Ave., Suite B, Anacortes. Open every day: Monday-Saturday, 8 a.m. - 8 p.m.; Sunday, 9 a.m. - 5 p.m.; holidays 9 a.m. - 3 p.m. (closed Thanksgiving and Christmas). Most insurance plans are accepted.

## **Cindy Ripplinger RN, BSN, MSM named Director of Surgical Services**



**B**ringing over 28 years' experience and expertise, Cindy Ripplinger RN, BSN, MSM is now Director of Surgical Services, responsible for all surgical departments, 24/7

daily operation, staffing, personnel, budget, equipment and education.

Ripplinger received her Bachelor of Science in Nursing (BSN) degree from Indiana Wesleyan University (IWU), Marion, IN; her Graduate Certificate in Medical Management from the University of Washington, Seattle; and her Masters of Science in Management (MSM) with Healthcare Specialization from IWU.

With an extensive list of awards, accomplishments and community service activities as well as exemplary, worldwide volunteer experience, Ripplinger has a proven record of dedication to patients, staff and leadership.

After working professionally in the Midwest and Southeast, Ripplinger came to Washington state in 2000, where she has since served as Staff/Charge Nurse, Burn/Pediatric ICU, for Harborview Medical Center and excelled in various nurse clinical/managerial roles at the University of Washington Medical Center. She comes to Island Hospital from Sharp Grossmont Hospital, La Mesa, CA, where she was Director of Surgical Services from 2013-2016.

"I am thrilled to return to the Northwest and become part of this community," Ripplinger says. "My philosophy is clearly voiced in the IH Promise and the Golden Rule, as well as in the words of Abraham Lincoln, who said, 'Commitment is what transforms a promise into reality.'"

## ***Galamison achieves antimicrobial-program certification***



**I**sland Hospital Pharmacist Ashleigh Galamison PharmD recently completed the Antimicrobial Stewardship Certificate Program for Pharmacists.

Healthcare-oversight organizations and associations – including Det Norske Veritas (DNV), Joint Commission on Accreditation of Healthcare Organizations, U.S. Department of Health, American Hospital Association and Centers for Disease Control (CDC) – and the White House (in April 2016) have pushed for the implementation of an antimicrobial-stewardship program for hospitals and healthcare organizations.

The Antimicrobial Stewardship Certificate Program is an innovative and intensive practice-based activity focusing on the pharmacist's role in the area of appropriate use of antimicrobial agents. The program emphasizes a team approach to implement an antibiotic-stewardship program that will improve patient care, reduce healthcare expenditures, and potentially reduce rates of resistance and prolong the longevity of the limited number of antimicrobial agents available to treat infections.

Galamison will be instrumental in coordinating efforts with department leaders in getting this program moving forward along with important initiatives.

For more information visit [www.cdc.gov](http://www.cdc.gov).

## **Dina Lofgren named Clinic Manager for Island Surgeons**



**D**ina Lofgren has been promoted to Clinic Manager, Island Surgeons (IS) – a role in which she oversees the effective operations of the clinic to provide an exemplary patient experience and a positive work environment for employees. Toward achieving this, she performs a variety of complex activities involved with clinic finances, operations, staff supervision, facility management and patient satisfaction.

Lofgren has been employed by clinics associated with Island Hospital since 1994. Since 2002 she has worked exclusively for IS, starting as a medical assistant/surgery scheduler. She was promoted to supervisor in 2014, and after completing the Physician Practice Manager Course (CPPM), she was named Clinic Manager.

"It is an honor and privilege to work with the efficient, empathetic and effective staff at Island Surgeons," Lofgren says. "I am also grateful to an administration that is encouraging and supportive of internal advancement of its employees. I look forward to my future at Island Surgeons and continuing to help and support patients and staff alike as they enjoy the fruits of providing and receiving the best healthcare possible – right here in our community."

## ***Mark Boyd named Manager, Outpatient Services***



Mark Boyd – formerly Supervisor, Health Information Management (HIM), Facilities and Equipment – has been promoted to the position of Manager of Outpatient Support Services.

In her memo announcing Boyd's promotion, Director of Specialty & Family Care Clinics Patty Codd wrote, "With the new EMR (Electronic Medical Records system) allowing all of our ambulatory clinics to be on the same platform, I am taking the opportunity to centralize and standardize more of our support services for the clinics. Mark will manage staff as well as the work flow processes, EMR training and optimization, and internal system audits."

In his former role, Boyd was essentially in charge of the day-to-day operation of the HIM department at Fidalgo Medical Associates. He also helped with HIM-related issues at Anacortes Family Medicine, Lopez Island Medical Clinic and Orcas Medical Center – which included implementation and standardization of the scanning of outpatient medical records.

"I am excited to be an integral part," Boyd said, "of evaluating and standardizing to 'best practices' the work flows and processes of our family-care clinics and providing the best healthcare experience possible for our patients."

# While Mom's minding Baby, who's minding Mamma?

By Jody Cousins MD

Center for Maternal & Infant Care  
Fidalgo Medical Associates



We are her friends and family, her doctors, nurses and mentors. From the moment we learn that she is pregnant, we want to help in every way possible to

ensure she receives all the education, support, confidence and peace of mind possible throughout this miraculous journey. Sometimes, in her overwhelm, she doesn't realize that we're here for her. Other times, she's done her homework and knows when and from whom to ask for help – and when she does, she and her baby become the center of a very large universe for minutes, hours, days and months at a time.

## “Congratulations! You're pregnant.”

This is the time when our mom-to-be

begins to establish, broaden and regroup her support network in seeking education, training, health monitoring and emotional support. New local resources constantly appear, even as others (especially family and friends) might move to hundreds or thousands of miles away. Island Hospital provides excellent support through its clinics, sponsored classes and resource lists that include:

- Center for Maternal & Infant Care at Island Hospital, (360) 293-3101
- Island Prenatal Care Center (IPCC), (360) 293-6973
- First Steps, Maternity Support Services (MSS), for low-income eligible. See [www.skagitcounty.net/Departments/HealthFamily/MSS.htm](http://www.skagitcounty.net/Departments/HealthFamily/MSS.htm) for more information, or call IPCC at (360) 293-6973
- Breastfeeding Matters (meets bimonthly on Mondays), (360) 299-4204
- La Leche League of Skagit County, (360) 255-3028 or (360) 420-9254

## “Pickles and ice cream, anyone?”

Mom is exhibiting typical signs of pregnancy. Whether from bouts of morning sickness or cravings to tiredness associated with the discomfort of added weight, she not only wants but actually needs extra help to feel assured that her household is in order. This is when, in addition to the aforementioned assistance, friends and family most often step in. Without waiting to be asked, they offer to perform such basic chores as doing the dishes, vacuuming, grocery shopping, caring for an older child while Mom takes a nap – or even participating in a sing-along. This kind of assistance also benefits our anticipated baby, who is able, with our help, to rest and grow in his/her mother's sense of tranquility.

In these ways and more, we are Mom's friends, family, doctors, nurses and mentors; and well past the early months of our welcomed newborn, we continue to mind Mamma while she's minding Baby.

# IH Employee Wellness Committee wins award

The IH Employee Wellness Committee was chosen by the Washington State Health Care Authority as a 2017 Zo8 award winner. The Zo8 award is given to Public Employees Benefits Board (PEBB) organizations for their achievement in building and growing a sustainable wellness program. This is the first time that Island Hospital has won this award.

As part of their wellness program, Employee Wellness offers a number of personal challenges for employees throughout the year along with a sea-



sonal farm stand on campus. The most popular activity is the Step-Up Challenge which had 160 employees participate this year. The Step-Up Challenge event is a team event led by Island Hospital's five administrators: Captain Vince Oliver (Team InVINCEables), Captain Elise Cutter (Team Shoe-Ins), Captain Robert Prins MD (Team Rugrats), Captain Denise Jones RN (Team Pace Makers) and Captain Carolyn Pape (Team Personnel Trainers). This year's winner was the Rugrats followed by the InVINCEables.



Step-Up Challenge awardees included (from left) Health Unit Coordinator Kathi Tjeerdsma (3rd place, individual); Chief Human Resource Officer Carolyn Pape; Director of Community Relations Dennis Richards (2nd place, individual); Chief Medical Officer Robert Prins MD (1st place, team); Chief Patient Care Executive Denise Jones RN; Chief Executive Officer Vince Oliver (2nd place, team); Chief Financial Officer Elise Cutter; and Radiology Tech Aide Steve Neitzel (1st place, individual). Not pictured is Medical Technologist Hope Campbell (4th place, individual).



Employee Wellness committee members pictured (from left) are Donna Maratea, Sarah Stewart, Liz Martin, Suzie DuPuis RD, Melissa Reed, Vanessa Cross and Barb LeDuc. Not pictured are Elise Cutter, Rebekah Deitz RN, Kate Edwards, Terry Halemba, Amber Maxwell, Dennis Richards, Tiari Schwab, Teresa Symonds, Sherrie Veatch and Dyani Wetcher.

## Employees honored at Annual Recognition Dinner

At Island Hospital's 15th Annual Employee Recognition Dinner more than 70 employees were honored for exceptional performance and upholding the Hospital Promise. Employees recognized for outstanding contributions were 2016 Employees of the Month, Employee of the Year Julie Pingree and Management Leadership Award honoree Ray Ould CNMT. And, for the first time, Island Hospital Commissioners were recognized for years of service.

### Director Diagnostic Imaging Ray Ould CNMT selected for Management Leadership Award



Ray Ould CNMT started his career at Island Hospital (IH) in July 2003. Beginning as a nuclear medicine technologist, Ould was promoted to Department of Imaging (DI) Supervisor in 2007 and to Manager of DI in 2015.

Currently DI Director, Ould's department completed three major projects in 2016:

CT scanner replacement, initiation of IH's Pain Intervention program and development of a third ultrasound room. During this time, he was also instru-

mental in contract renegotiation with Skagit Radiology. Ould's leadership skills in managing these projects allowed for successful conclusions for all.

Lauded for his many, exemplary management skills, directors over the years have described Ould as one willing to take on new challenges, a resource to staff, essential in helping get things done and a true value to the department.

"Island Hospital has so many tremendous leaders," Ould said. "It is truly an honor to receive this award. I am especially thankful for the hospital's mentoring and coaching philosophy that has allowed many of us to find opportunity within our hospital and community."

### Patient Accounts Representative, Julie Pingree, named Employee of the Year



Since her arrival in 2002, Julie Pingree has exemplified Island Hospital's Promise to consistently provide the best customer service to IH patients, families, guests and colleagues. She monitors up to 2,000 accounts simultaneously, answering patient inquiries, verifying statement information, coordinating insurance claims and making updates to accounts as necessary.

Along with her celebrated on-the-job proficiency, Pingree is known by her coworkers as cheerful and caring – one who makes sure special occasions are recognized and bakes delicious holiday sand torte cakes for each person in her department.

Outside of work, Pingree enjoys her role as a grandmother and will, no doubt, spend many pleasurable hours in this role after her retirement on June 30.

"I like to tell people who ask 'what do you do?' that I try to make sure insurance companies do what they are supposed to do!" Pingree said. "It is the responsibility of those of us working in Patient Accounts to make sure the hard work the hospital does is paid for and our patients receive the insurance benefits to which they are entitled. I was surprised to win the award, as there are others who so deserve this honor. I thank you all!"

## 2016 Employees of the Month

January – Julie Pingree

February – Lauren Mireles RN

March – Jeremy Kay

April – Kelsey Jenison

May – Kathleen Caylor

June – Alice Chavez

July – Jackie Nolasco, CNA

August – Christy Blouin

September – Brie Sommer

October – Rhonda McLaughlin

November – Kim Graf

December – Carrie Shelton

# Employee Service Awards 2016

(As of Dec. 31, 2016)



*Island Hospital Surgical Services nurses Barbara Aguero RN, CNOR, (seated) and Pamela Olich-Tweeten RN, BSN, have provided outstanding patient care for 35 years.*

## **5 YEARS**

Chip Bogosian MD, Commissioner  
 Rayna Bolanos RN  
 Jean Bried PA  
 Rochell Brown  
 Elise Cutter  
 Christina Drawdy RN  
 Gesila Driver PTA  
 Adrian Fewing RN  
 Laura Lynn Galbraith  
 Anthony Giefer MD  
 Jan Iversen, Commissioner  
 Leisha Jones RN  
 Rashonda Jordan CNA  
 Sharon Lally  
 Paul Maughan PhD, Commissioner  
 Jocelyn Palmer-Perry MSW  
 Andrea Parker LPN  
 Katie Paul

Ellen Rankin  
 Eileen Sablan RN  
 Mary Sanburn RN  
 Joyce Selph RN  
 Marilyn Sewell  
 Michael Sharp MLS (ASCP)  
 Teresa Schilling MS  
 Kimberly Swanson RN  
 T Jay Thompson  
 Rebecca Vavrosky PTA  
 Susanne Wilhelm DO  
 Ravin Williams  
 Tiffani Willoughby

## **10 YEARS**

Bonnie Antoncich PT  
 Amanda Christianson  
 Shannon Dean RN  
 Nicole Geyleynse RN  
 Connie Gentry CNA

Marcela Henderson CNA  
 Rhonda Lowry RN  
 Rozetta Ludwigsen RN  
 Annette Macartney RN  
 Carie McFarlin RN  
 Ashley McHenry  
 Jennifer Moehl RN  
 Jesus Rellama  
 Scott Schoultz OT  
 Yaicha Stevens MT  
 Steven Thompson RT

## **15 YEAR**

Sherry Bayes  
 Robin Catlin RN  
 Kathleen Crawford RN  
 Claudia Gonzalez-Amador  
 Janet Priggee RN  
 Ilima Shaw PT

## **20 YEARS**

Carollee Allen RN  
 Renee Heenan RN  
 Holly Hoskinson RN  
 Debbie Johnson  
 Jennifer Marks

## **25 YEARS**

Sally Christensen  
 Nancy Estvold RN  
 Teresa Symonds

## **30 YEARS**

Suzie DuPuis RD  
 Mel Larsen

## **35 YEARS**

Barbara Aguero RN  
 Pamela Olich-Tweeten RN

# Volunteer Honors 2016

Volunteers are an important part of the care and services at Island Hospital. At the end of each year, these hours are tabulated and recognized at the Annual Volunteer Celebration. In 2016, Volunteers contributed more than 16,000 hours of service to 2 hospital. This amounts to a contribution of more than \$405,000! These are probably low numbers since Volunteer hours are typically under-reported by at least 20%. Our current Volunteer staff has contributed more than 126,000 hours over the years to Island Hospital!

## UP TO 99 HOURS

Janice Altomari  
 Lisa Anderson  
 Karen Arnett  
 Colette Arvidson  
 Dean Becker  
 Tina Belle Isle  
 Debby Birkhead  
 Sarah Broderick  
 Cara Brown  
 Diane Canington  
 Richard Carey  
 Debbie Claus  
 June Cook  
 Mary Beth Conlee  
 Robert Cummings  
 Wendy Dahlstrom  
 Karen Edwards  
 Heidi Fish  
 Noriko Fitz-Gerald  
 Karin Gandini  
 Darlene Gillespie  
 Christy Gowin  
 Gerri Gunn  
 Margaret Hardesty  
 Sarah Hardesty  
 Sandy Hatfield  
 Richard Heidecker, Sr.  
 Julie Hildebrandt  
 Christine Hill  
 Ann Marie Humphreys  
 Trang Huynh  
 Wilbur Johnson, III  
 Trey Keel  
 Terry Kratzer  
 Susan Lamb  
 Barbara Lechner  
 Kip Lewis  
 Meredith Machin  
 Helen Merry  
 Paula Miller  
 Miriam Montgomery  
 Sally Morgan  
 Boshie Morris  
 Leander Nichols  
 Kevin Noyes  
 Steven Olsen  
 Kim Padgett  
 John Pedersen  
 Claudia Peters  
 Mary Picht

Joe Piroutek  
 Elvie Ribleza  
 Patricia Rodriguez  
 Richard Rodriguez  
 Richard Rohweder  
 Tracy Schlegel  
 Michael Schwartz  
 Doug Shepherd  
 Sara Shao-McVay  
 Joni Simmerman  
 Rick Sleeper  
 Elizabeth Ann Smith  
 Pat Sterling  
 Linda Thomas  
 Lyle Tiberghien  
 Mary Tollefson  
 Gabriella Troy  
 Rusty Van Deusen  
 Dirk Van Dyke  
 Carl Walch, Jr.  
 Brock Ward  
 Fred Winyard  
 Peter Witheford  
 Cato Woods  
 Phillip Zimmerman

## 100-199 HOURS

Kristen Comeau  
 Barbara Cooper  
 Jan Hemme  
 Jean Houston  
 Linda Lewis  
 Julie McConnell  
 Patty Munday  
 Margaret Read  
 Patricia Van Skyhawk  
 Rhiannon Williams

## 200-299 HOURS

Willa Cobb  
 Joan Fossum  
 Laura Hamel  
 Diana Holmes  
 Linda Kube  
 Shirley Lewandowski  
 Joanne Liantonio  
 Jeri Liggitt  
 Kathy Morgan  
 Michael Moss  
 Linda Reeb  
 Sarah Tobien  
 Karen Toedte



*Surgery Waiting Shift Change – Buckingham Palace has its “changing of the guard” and Island Hospital has a similar, brightly uniformed changing of shift (at the surgery waiting desk) which this day had stellar IH Volunteers (from left) Cheri Pinson, Carol Mann, Patty Mussen and Pat Dyer*

## 300-399 HOURS

Julie Anderson  
 Jeanne Jebousek  
 Pat Millikan  
 Floy Ann Montee  
 Tamara Alcorn Satko

## 400-499 HOURS

Sharon Anderson  
 Pat Dyer  
 Bette Huff  
 Patty Mussen

## 500-599 HOURS

Don Campbell  
 Danette Carroll  
 Susie Cawley  
 Claudia Dillman  
 Pegi Groundwater  
 Carol Mann  
 Lily Van Wey

## 600-699 HOURS

Christen Anderson  
 Karen Huber  
 Robert McGary  
 Lenore Peterson

## 700-799 HOURS

Mac Langford  
 Wendy Patterson  
 Cheri Pinson

## 800-899 HOURS

Barbara Allan  
 Jean Vaughan

## 900-999 HOURS

Jo Fuqua  
 Nancy Rota

## 1000-1099 HOURS

Jean Garner  
 Michael Stark

## 1100-1199 HOURS

Peggy Insull

## 1400-1499 HOURS

Ann Huston  
 Sally Kilpatrick

## 1500-1599 HOURS

Pam Birchfield  
 Diane Ramerman

## 1600-1699 HOURS

Judy Matye  
 Karen Maughan

## 1700-1799 HOURS

LouAnn Curtis  
 Joan Hallenbeck  
 Jack Withrow

## 1800-1899 HOURS

Ginny Brightwell  
 Diane Groves  
 Pat Weeth

## 2000-2099 HOURS

Shellie Bogosian

## 2100-2199 HOURS

Barbara Kiver  
 Brian McKee

## 2200-2299 HOURS

Betsy Rogers  
 Madeline (Maddie) Rose  
 Curt Van Hynning

## 2300-2399 HOURS

Mike Jackets  
 Austin Schafer

## 2600-2699 HOURS

Peter Dowden

## 3500-3599 HOURS

Betty Adams

## 3600-3699 HOURS

Laurie Mueller

## 4300-4399 HOURS

Betty-Anne Ely

## 7500-7599 HOURS

Elaine Oliphant

## 9400-9499 HOURS

Marge Sargent

## 9500-9599

Craig Smith

## 15,000-15,999 HOURS

Kydie McKee

# Health Resource Center at Island Hospital

by *Jacqueline Marucci*  
Health Resource Coordinator

The Health Resource Center (HRC) at Island Hospital is a comfortable, welcoming space where patients and visitors can come to obtain any health-related information they may need. Our goal is to provide the resources necessary to help individuals and families make informed decisions about their healthcare. The HRC offers a wide range of literature, classes and programs to enhance our community's well-being.

We invite patients and visitors to search through our educational materials such as books, DVD's and helpful literature. We can also perform complimentary literature searches for health prevention and patient education. Individuals can visit to register for wellness classes, make appointments for health screenings and receive referrals to local support groups.

The Resource Center is a great place to get connected with social services and community resources for all ages. We have information for seniors, infants, children, teens, moms-to-be and families. Popular areas of interest include local primary-care providers who are accepting patients, subsidy programs, caregiving services, local care and support facilities and transportation options. In addition to



*Volunteer Jean Garner (left) works alongside Coordinator Jacqueline Marucci in the Health Resource Center at Island Hospital.*

community resources, we can provide patients with information about medical services and programs within Island Hospital.

We are pleased to provide visitors with a quiet space to discuss important matters such as Advance Directives, Living Will and Durable Power of Attorney for Healthcare. The Resource Center also houses the SHIBA (Statewide Health Insurance Benefits Advisors) program, where clients can receive free and unbiased Medicare insurance coun-

seling. Additionally, we can also refer clients to an In-Person Assister at Island Hospital to handle commercial and Apple Health insurance questions, or to help you navigate the Washington Healthcare Exchange.

The Resource Center is located 200 feet east of the 24th Street main entrance of Island Hospital and open Monday through Friday, 9 a.m. to 4 p.m. Stop by or call (360) 299-1397 to learn more about the many community resources we have to offer!

## Population Health Trust rolls out Skagit County Trends



*Michael Sharp*  
MLS

Last November a new website went live. Called Skagit County Trends, it was the latest achievement of Skagit County's Population Health Trust (PHT) and the first data repository of its kind in Western Washington.

PHT is board of community leaders comprised of 32 individuals who represent 29 agencies and organizations. Board members advise on issues related to their fields, sharing knowledge and concerns from a wide range of social, economic and environmental interests toward fulfilling PHT's mission: Working

Together to Improve Health for All. Skagit County Trends compiles statistics and data derived from federal, state and local agencies. This is then displayed to the general public in an easy-to-use web browser. As a result, people have clear, accurate, timely and reliable data at their fingertips. The effect has far-reaching implications for improving health.

Laboratory Director Michael Sharp MLS is Island Hospital's representative on PHT's Advisory Board, carrying healthcare concerns to the PHT. "Primarily funded by Skagit County Department of Health, PHT enjoys partial funding from Island Hospital as well other PHT members," Sharp said. "Last September I participated in a data analysis event known as a 'Data Carousel,' which resulted in helping us identify the 12 most significant health concerns to be addressed at this time. The results were

shared in five public community forums and resulted in the addition of another priority: people struggling with opioids."

Sharp noted, "We saw and heard that opioid abuse, along with its related addiction death rate among Skagit County people, was higher than the state average. Changing that statistic for the better – healing and saving lives – surfaced as an immediate priority. Our ability to roll out that data (now posted on the website) brought about the formation of our Opioid Workgroup Leadership Team (OWLT) whose focus is on education, prevention and treatment. We are better able, with the aid of the Population Health Trust and data from Skagit County Trends, to motivate governmental, organizational and private funders as well as the general populace to assist in providing the tools needed to combat this epidemic."

Among the other 13 identified priorities are:

- Creating healthier, more equitable communities with a focus on nutrition, weight and physical activity; youth safety and mental health, living-wage jobs and affordable housing.
- Strengthening integration of health services and systems, focusing on access to healthcare which includes medical, dental and behavioral health, maternal and child health, reduction in chlamydia (a sexually transmitted disease).

For more information, visit [www.skagitcountytrends.com](http://www.skagitcountytrends.com). or PHT at [www.skagitcounty.net/Departments/PHTAC](http://www.skagitcounty.net/Departments/PHTAC).

# Health & Wellness

## Classes

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

Please note that some classes cannot be held without a minimum number of participants. You will be notified if a class is cancelled. A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class.

If you show up to a class without registering, we cannot guarantee space in the class.

### THREE EASY OPTIONS FOR REGISTRATION



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



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



Call (360) 299-4204

## Classes

### ADVANCE HEALTHCARE DIRECTIVES

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



Join Hilary Walker, a trained advance care planning facilitator, for a detailed workshop that will guide each participant through completing advance healthcare directives. This class will use the End of Life Washington

form. Participants will go home with a finished copy to share with loved ones and their medical providers.

*When: Thursday, July 13, 10 a.m. – noon*

*Where: Anacortes Senior Activity Center*

*Cost: \$15*

*Contact: (360) 293-7473 for information about how to register*

*Instructor: Hilary Walker*

### BIRTH AND BEYOND

#### Breastfeeding Matters



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

open to pregnant and postpartum women and their babies.

*When: Monday, July 24, 5 – 6:30 p.m.*

*Monday, September 25, 5 – 6:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$25 (covered by Apple Health)*

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

#### Car & Booster Seat Clinic



Drop-in to have your car and booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car. No appointments required, please just drop in.

*When: Thursday, August 10, 3 – 5 p.m.*

*Thursday, October 12, 3 – 5 p.m.*

*Where: Island Hospital's 24th Street parking lot*

*Cost: FREE*

*Questions: 299-1309*

#### Six-Week Childbirth Education Classes



This six-week class is designed to prepare parents-to-be for the arrival of their new baby. Participants will learn essential skills and develop confidence as they approach the end of pregnancy, labor, birth and

early parenting. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVD's, hands-on practice and guest speakers.

*When: Tuesdays, July 11 – August 15, 6 – 8:30 p.m.*

*Tuesdays, September 5 – October 10,*

*6 – 8:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$95 (Apple Health Pregnancy Medical covers class fee)*

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

#### Weekend Childbirth Education

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

*When: Sat. & Sun., August 5 & 6, 10 a.m. – 6 p.m.*

*Sat. & Sun., September 30 & October 1, 10 a.m. – 6 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$130 (Apple Health Pregnancy Medical covers class fee)*

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

### CANCER CARE

#### Look Good...Feel Better

A specialized class dedicated to helping women address appearance and self-image concerns experienced during chemotherapy or radiation treatment. Look Good Feel Better focuses on skin care, make-up, proper care for nails and hair alternatives. Each participant receives a free kit of cosmetics donated by the cosmetic industry. This program is sponsored by the American Cancer Society.

*When: 1st Monday, 1 – 3 p.m.*

*Where: Merle Cancer Care Center Conference Room*

*Cost: FREE*

*Contact: 588-2082, registration preferred*

REGISTRATION  
OPTIONS

1.

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



## HEALTH CARE PROFESSIONALS TRAINING

### HIV/AIDS Training for Licensure

Island Hospital offers a DVD based four or seven hour HIV/AIDS training. Participants will take a test during the training. A certificate of completion will be provided with the successful completion of the course.

*When: Monthly, call for dates*

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

*Registration: 299-1309*

## DRIVER'S SAFETY

### AARP Smart Driver

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

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

*Wednesday, September 27, 9 a.m. – 5 p.m.*

*Where: Fidalgo/Burrows Rooms*

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

*Instructor: Madeline Rose*

## ESSENTIAL OILS



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

### Aromatherapy with Essential Oils

Develop an understanding and confidence in working with essential oil remedies in this interactive class. You will smell, mix and test several recipes using essential oils including lavender, rosemary and peppermint.

*When: Wednesday, July 19, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$25, includes supplies*

## Essential Oils for the Mind, Body & Soul

Learn how to safely apply essential oils topically. These remedies may help with allergies and sinus congestion. Each participant will receive recipes and an essential oil blend to take home.

*When: Wednesday, September 13, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$25, includes supplies*

## HEALTH INSURANCE

### Medicare 101: Understanding Your Medicare Choices

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

*When: Monday, June 12, 1 – 2:30 p.m.*

*Monday, July 10, 1 – 2:30 p.m.*

*Monday, August 14, 1 – 2:30 p.m.*

*Monday, September 11, 1 – 2:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: FREE*

*Instructor: SHIBA Volunteer*

## HERBAL MEDICINE



**Instructor:** Kelly Ann Nickerson has her Master of Science in Horticulture from Washington State University and Bachelor of Science in Herbal Science from Bastyr University.

### Herbal Infusions and Decoctions

**NEW!**

Steeping or simmering, there are important factors to consider when making medicinal herbal tea for you and your family. Kelly Ann Nickerson MS will explain how different plant parts require different temperatures including which chemicals are best extracted in water. In this class we will brew herbal teas and sample them as we go!

*When: Thursday, August 24, 6 – 7:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$15*

## Herbal Lotion

**NEW!**

Making your own lotion allows you to control what substances go onto your body. Kelly Ann Nickerson MS will show you how herbs work through lotion, how to preserve lotion naturally, and how essential oils can be safely added to your homemade lotion.

*When: Thursday, June 22, 6 – 7:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$15*

### Summer Herb Walk

Interested in learning how to safely identify and utilize plants native to the Pacific Northwest? July is a beautiful time to be outside. Kelly Ann Nickerson MS will help you safely identify 15 different plants with a focus on plant families. Start off with a discussion in a classroom setting and end with an herb walk on a nearby trail. Moderate trail walking required. Wear stable walking shoes.

*When: Thursday, July 20, 6 – 7:30 p.m.*

*Where: Fidalgo/Burrows Rooms & Walking Trail*

*Cost: \$15*

### Therapeutic Herbal Tea

In this fun and hands-on class Kelly Ann Nickerson MS will teach the art of formulating a delicious herbal tea that contains healthy properties. During this class, you will taste five herbal infusions, learn about their medicinal qualities and make a blend to take home.

*When: Thursday, September 21, 6 – 7:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$15*

## MEDITATION



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

### Meditation for Everyday Living

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

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

3. Call (360) 299-4204

# Classes

When: Wednesdays, July 12, 19 & 26, 2 – 4 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

*“Thank you, so many useful tools and ways to expand on them.”*

– Meditation class participant

## PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

*“Very helpful & comprehensive – thank you!”*

– Before & After Orthopedic Surgery class participant

### Before & After Orthopedic Surgery



For those planning on having a total knee or hip replacement, shoulder surgery or back surgery, join an occupational therapist from Island Hospital to get answers to your questions about returning to an independent life-

style after surgery. Post-operative exercises and adaptive equipment will be discussed.

When: Tuesday, June 13, 1 – 2:30 p.m.

Tuesday, July 11, 1 – 2:30 p.m.

Tuesday, August 8, 1 – 2:30 p.m.

Tuesday, September 12, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Pamela McNamee OT/L

*“This class has help with my anxiety about my surgery. It has given me some ideas of things to prepare in my home.”*

– Before & After Orthopedic Surgery class participant

### Improving Your Aging Memory



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

When: Wednesday, August 23, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Libby Lewis MA, MEd, CCC-SLP

### Osteoporosis: Exercise & Nutrition

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

When: Wednesday, August 2, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Allison Blackwell PT, DPT & Suzie DuPuis RD

*“I learned a lot, this class was very informative.”*

– Osteoporosis: Exercise & Nutrition class participant

### Urinary Leakage



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help. Come learn ways to strengthen your pelvic floor muscles to help prevent urinary leakage from a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, August 17, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

## SPECIAL EVENTS

### Men's Health 101



Join local naturopathic physician Alethea Fleming of the Vital Aging Clinic for an informative and non-threatening talk about the most common health issues men face including prostate health, heart disease, and erectile function.

When: Thursday, September 28, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

### Resilience Documentary

This film explores the emerging brain science of childhood trauma, toxic stress and considers Adverse Childhood Experiences (ACEs) through the lens of pediatrics and social services. ACEs are widely considered one of the most critical public health challenges facing communities of every size today.

**This documentary is unrated but is most suited for older teens and adults. Brief facilitated discussion will follow the film.**

When: Monday, June 12, 6 – 7:30 p.m.

Where: Anacortes Public Library

Cost: FREE

Contact: Nicole Mortimer, nmortimer@asd103.org

### Skagit Adult Day Program Lunch & Learn

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

When: 1st Tuesday, 12:30 – 2 p.m.

Where: Anacortes Christ Episcopal Church

Cost: FREE

Contact: Gentry House, 293-4466

**Free Blood Pressure Checks**

**Every Wednesday!**

**9 a.m. - noon**

Island Health Resource Center

**Call 299-1309**

for more information.

# Resources & Support Groups

## CARDIOPULMONARY CARE CENTER PROGRAMS

### Cardiac Rehabilitation

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

**Contact: 299-4242**

### Pulmonary Rehabilitation

Are you unable to do the things you used to do because of shortness of breath and fatigue? Pulmonary Rehabilitation may be the answer. An exercise specialist will teach participants exercises that will increase strength and decrease fatigue. Also, learn about the cardiopulmonary system, medications and nutrition to maximize strength and endurance. This course is Medicare-approved and may be covered by insurance.

**Contact: 299-4242**

## HEALTH INSURANCE

### In-Person Assisters (Non-Medicare)

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

**Contact: 299-4924**

### SHIBA (Medicare)

Need free help understanding Medicare or health insurance connected to Medicare, Part D medication coverage and "extra help" programs? Island Hospital's SHIBA program has expert volunteers trained by the Office of the Insurance Commissioner available to give free, unbiased information.

**Contact: 299-4212**

## LIFELINE

### Lifeline

Island Hospital Lifeline is an easy-to-use personal response system that allows older adults living at home to get quick assistance whenever it is needed. Participants press their waterproof Personal Help Button whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help.

**Contact: 293-7563 or [jinsull@islandhospital.org](mailto:jinsull@islandhospital.org)**

## MENTAL HEALTH

### NAMI (National Alliance on Mental Illness)

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

**Contact: Skagit HELPLINE: 800-273-8255**

**Suicide Prevention Lifeline:**

**800-273-TALK or 800-SUICIDE**

## PREGNANCY, CHILDREN AND FAMILIES

### Access to Baby and Child Dentistry (ABCD)

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

**Contact: 360-416-1523**

### Center for Maternal & Infant Care

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

**Contact: 293-3101**

### Nurse-Family Partnership

First-time moms who are eligible for Apple Health or WIC can enroll in Skagit County's Nurse-Family Partnership (NFP) program. Moms are paired with nurses who meet with them from early pregnancy until their child turns two, providing personalized information and support for a healthier pregnancy and a more confident parenting experience.

Services are provided by Skagit County Public Health at no cost to families.

**Contact: 360-416-1523**

### Skagit Healthy Beginnings Phone Line

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

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

**Monday – Friday**

### Women, Infants and Children (WIC) Nutrition Program

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

**Contact: Anacortes: 360-416-7595, Swinomish Indian Health Clinic: 360-466-3900**

## TEENS

### Anacortes Teen Clinic

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

Anacortes Teen Clinic Services:

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

**Contact: 293-6973**

## WEIGHT MANAGEMENT

### Overweight?

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

**Contact: 299-1300, ext. 2567**

## SUPPORT GROUPS

### Alzheimer's Association - Caregivers

2nd & 3rd Monday, 1 p.m.  
Westminster Presbyterian Church,  
1300 9th St. Anacortes

**Contact: Ann, 299-9569**

### Better Breathers

3rd Tuesday, 1 – 2 p.m.  
Burrows Room, Island Hospital

**Contact: Jim, 299-4242**

### Grief

**Not meeting in June**

Every Wednesday, 3:30 – 5 p.m.  
Sinclair Room, Island Hospital

**Contact: Doug, 202-1699**

### Kidney

Meets Quarterly  
Anacortes Senior Activity Center  
1701 22nd St., Anacortes

**Contact: 293-7473**

# Resources & Support Groups

## Parkinson's

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

## Restless Leg Syndrome

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

## CANCER SUPPORT GROUPS

### Art & Healing for Cancer Patients

Cancer patients and their caregivers are welcome to join art therapist, Margaret Carpenter Arnett BSN, ATR to reduce stress and improve emotional well-being through art therapy. **No artistic skills required.**

1st & 3rd Wednesday, 2 – 4 p.m.  
Merle Cancer Care Center Conference Room  
**Contact: Danah, 588-2082**

## Breast Cancer

Women in all stages of breast cancer are welcome to join a community of support that involves weekly discussions and sharing personal experiences.  
Call for dates  
Merle Cancer Care Center Conference Room  
**Contact: Danah, 588-2082, registration preferred**

## Cancer Caregiver

A supportive space for anyone caring for someone, or is affected by someone, living with cancer.  
2nd Monday, 3 – 4 p.m.  
Merle Cancer Care Center Conference Room  
**Contact: Danah, 588-2082**

## Prostate Cancer

A monthly gathering of prostate cancer survivors to discuss with newly diagnosed individuals their various treatment options and possible outcomes.  
3rd Wednesday, 11 a.m. – noon  
Fidalgo Room  
**Contact: Nick, 293-9540**

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

# 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, June 27, 10:30 a.m. – 12:30 p.m.*  
*Where: Physical, Occupational & Speech Therapy at Island Hospital*  
**Cost: FREE**

## Blood Pressure Checks

Blood pressure indicates the health of your heart and blood vessels. Untreated, elevated blood pressure can result in stroke. Get your blood pressure checked regularly at two locations.  
*Health Resource Center:*  
*every Wednesday, 9 a.m. – noon*  
*Anacortes Senior Activity Center:*  
*last Tuesday of the month, 9 – 10:30 a.m.*

## Bone Density Screening

This non-intrusive test provides an estimate of your bone density by scanning your heel. If you already have a diagnosis of osteoporosis confirmed by a more complex imaging test, this is not the screening for you. This screening is accurate for women only. Appointments are required!  
*When: Tuesday, July 18, 9 – 11 a.m.*  
*Where: Health Resource Center*  
**Cost: \$5**

## Cholesterol & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. Your results will be sent to you in the mail. No appointment required.  
*Please do not arrive prior to 7:30 a.m. Call 299-1309 for questions.*  
*When: Tuesday, July 25, 8 – 11 a.m.*  
*Tuesday, October 17, 8 – 11 a.m.*  
*Where: Health Resource Center*  
**Cost: \$10 (insurance may cover the cost of your screening)**

## Memory Awareness Screening

Are you or a loved one becoming more forgetful or maybe have started to misplace things more often? Have you become lost in a familiar place or noticed a change in mood, behavior or personality? If so, this screening can be a first step in helping determine if you might suffer from memory loss. This examination consists of a series of questions and tasks designed to test memory, language, thinking and other intellectual functions. Appointments are required!  
*When: Tuesday, July 11, 9 – 11 a.m.*  
*Tuesday, September 19, 9 – 11 a.m.*  
*Where: Health Resource Center*  
**Cost: FREE**

## Swallow Screening

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

## TO SCHEDULE A SCREENING APPOINTMENT



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



Call (360) 299-4204

tion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms meet with a speech-language pathologist to determine if you might have a swallowing disorder. Appointments are required!  
*When: Tuesday, June 20, 1:30 – 3:30 p.m.*  
*Where: Physical, Occupational & Speech Therapy at Island Hospital*  
**Cost: FREE**

## Vitamin D Screening

This screening will determine the level of Vitamin D in your blood. Studies have shown that low levels of Vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions. Your results will be sent to you in the mail. Appointments are required!  
*When: Tuesday, October 3, 9 – 11 a.m.*  
*Where: Health Resource Center*  
**Cost: \$30**



*Guests at the table of Signature Sponsor Tesoro Corporation enjoy the energy of the Heartstrings appeal at the 14th Annual Gala of Hope.*

## 2017 Gala of Hope raises over \$300,000 to benefit Island Hospital and community

More than \$300,000 was raised as over 300 guests enjoyed the passion and romance of Old World Spain during the 14th Annual Gala of Hope, Festival de Flamenco, held April 29 at the Wa Walton Event Center. Spanish classical guitar music filled the air, further enlivened by the flourishing moves of authentic flamenco dancing by Eric & Encarnación of Flamenco Seattle.

The event annually helps to fund essential needs, including patient and community programs, mental-health services and new equipment. This year, the Heartstrings portion of the evening focused on raising funds to purchase new urological surgical equipment to ensure that exceptional urological care is locally accessible. With the help of a special matching gift from the Barto Family, our community raised nearly \$170,000 making this the most successful event in the Foundation's history.

"In a truly inspiring moment, the Barto Family decided to not only match half of the cost for the equipment but matched all of the gifts that came in," noted Foundation Director Jeannette Papadakis "We are fortunate to have such passionate and committed supporters like Jerry and Jan Barto."

Countless thanks go to the more than 75 committee members and volunteers whose hard work made an event of this magnitude possible, and special thanks go to our Gala of Hope sponsors who made this event truly special, as well as the nearly 100 more contributors whose donations will be felt throughout our community.

Signature Sponsor: Tesoro Corporation  
 Gold Sponsor: Jerry and Jan Barto  
 Silver Sponsors: Dakota Creek Industries, Inc., LabCorp, and Skagit Radiology  
 Bronze Sponsors: Mayor Laurie Gere, Skagit Northwest Orthopedics  
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While the Gala of Hope is a once-a-year event to which all are invited, the Island Hospital Foundation is tremendously grateful to those who support IHF throughout the year. If you would like more information about the Island Hospital Foundation, IHF Director Jeannette Papadakis welcomes your call (360) 299-4201. Also found at [www.islandhospitalfoundation.org](http://www.islandhospitalfoundation.org).

## Meet new IHF Development Coordinator Christy Lyman

With over 10 years' experience in marketing and development, Christy Lyman is now at work as IHF Development Coordinator.



For the last eight years, Lyman served as Marketing Manager & Development Associate for the Museum of Northwest Art (MoNA), La Conner, where she combined modern and traditional marketing and fundraising campaigns that proved successful in elevating MoNA's revenue and membership engagement.

Lyman says, "I have a deep appreciation for Island Hospital and its staff who have helped my family through some difficult times – including my daughter's diagnosis of acute lymphoblastic leukemia and her end of treatment care. I'm excited to be part of the team raising funds so that Island Hospital can continue to help families like mine."

Lyman has volunteered her time and efforts to help raise funds for Seattle Children's Hospital (2016), families affected by the Oso landslide (2014), as well as the La Conner Elementary School Cafeteria Project (2009-10) where they painted murals to inspire the kids.

"I am happy that Christy has joined our IHF family," said Foundation Director Jeannette Papadakis. "With her years of nonprofit experience, innovative ideas, and true heart for Island Hospital and our work, we feel very fortunate as we welcome her to IHF."

## IHF welcomes new and returning Board members

Island Hospital Foundation welcomes three new members to its Board of Directors. The 18-member Board provides oversight and community representation for development of the Foundation's operation, strategy, fundraising and contributions.

### Dianne Kuhn



Returning to the Board is Dianne Kuhn, who served on the IHF Board of Directors from 2008 through 2012 and was Board President in 2012. Prior to joining the Board, she had served on the Capital Campaign Committee for Island Hospital's Renovation & Expansion Project.

With an extensive background in public relations in both the corporate and non-profit sectors, Kuhn's experience includes 19 years with the United Way of King County, retiring in 2007 as Vice President responsible for staff and volunteers involved in the annual allocation of \$30 million in support of health and human services.

Kuhn was led to join the Board in 2008 because of her "personal commitment to high-quality, local healthcare facilities." She has returned to the Board, saying, "In this time of crisis for healthcare in our communities, I believe strong volunteer leadership is critical. I am honored to contribute as a Board member."

### James Tangaro



James D. Tangaro is Vice President, Anacortes Refinery, for Tesoro Refining & Marketing Company. He brings 29 years' experience in the petroleum business in locations that include

Washington, Alaska, Utah, Oklahoma, Kansas and Texas and includes assignments as Vice President, Kenai Refinery; Operations Manager, Salt Lake City (SLC) Refinery; and Environmental, Health, and Safety Manager, SLC Refinery. He also has eight years' experience in oil exploration and production and holds a degree in environmental engineering from Montana Tech of the University of Montana.

He and his wife Michele reside in Anacortes and are actively involved in community events and organizations. Tangaro also serves as Board Member for the United Way of Skagit County.

In a letter to IHF Director Jeannette Papadakis, Tangaro wrote, "My wife and I attended the last two Gala of Hope events and were very moved by the presentations. I appreciate being allowed to be a guest at the January Board meeting as it confirmed my interest in being a part of this organization and helping to make a great hospital for a great community."

### Gina Walsh



Assistant Vice President, Branch Manager and Real Estate Loan Officer at Peoples Bank in Anacortes, Gina Walsh holds over 23 years' experience in banking and real estate. Starting as

a bank teller, she has held every conceivable role in retail branch banking, including escrow officer, construction specialist, small-business lender, credit administrator and real-estate closing officer.

Walsh moved to Anacortes when her husband Nick was promoted to Division Chief for EMS and Training, Anacortes. "We had always intended to make this move before we became busy with kids," she said. "It was the welcome push we needed."

The couple joined the Anacortes Noon Rotary Club and Walsh accepted a position of the Board of the Anacortes Chamber of Commerce. The entire Walsh family volunteered for Dine Out to End Homelessness to benefit the Anacortes Family Center.

"Knowing how fortunate it is to be part of such a warm and inviting community," Walsh said, "I am thrilled to serve as an IHF Board member as I am committed to volunteer in whatever capacity is needed in my own community."

## Merle Cancer Care Center receives Soroptimist gift

Soroptimist International of Anacortes (SIA) recently donated \$1,000 to the Island Hospital Foundation in support of the Merle Cancer Care Center (MCCC) Medical Relief Fund. The gift was made in honor and in behalf of Marge Thomas; recipient of SIA's 2016-17 Woman of Distinction Award, which is given to women who, through their professional or volunteer efforts, serve as role models for women and girls.

"Nearly all of us have been affected by cancer in one way or another and feel called to fill the needs of the Center and the cancer-care patients in any way we can," Thomas said.

Several years ago, Thomas invited the MCCC patient navigator to speak to the Soroptimist International of Fidalgo Island (SIFI) club, where she is co-president. The members learned how they might be able to help support cancer patients' needs by contributing funds to the

Island Hospital Foundation and MCCC's uncompensated care fund. That year at SIFI's annual fundraiser, Hallowine, they raised \$12,950 that benefited patients.

When Thomas received the Woman of Distinction Award this April, she didn't have to think twice about to where she would like her \$1,000 gift donated. "We all have dreams and gifts to share," she said. "I am so happy for the opportunity to allocate this gift to the Merle Cancer Care Center, whose patients' dreams mirror mine in so many ways. I am continually impressed and inspired by the high quality of care patients receive from the Center's dedicated doctors and entire staff, all of whom are so conscientious and compassionate."

"Marge is an inspirational community leader," said IHF Director Jeannette Papadakis. "She is a true change-maker working to fight human traf-



*Marge Thomas (center) at the Merle Cancer Care Center with physician Theodore Kim DO and Island Hospital Foundation Director Jeannette Papadakis.*

ficking, 'Dream It, Be It' career mentoring for middle school girls and supporting our cancer patients."



*Soroptimist International of Fidalgo Island and Soroptimist International of Anacortes donated a large and appreciated collection of supplies for young families in need for the Island Prenatal Care Center. In photo are (from left) are Soroptimists Cheryl Gilman and Carol Garner; Effie-Jo Lindstrom RN, IBCLC (Center for Maternal & Infant Care); Soroptimist Leslie Dorn; and Island Hospital Volunteer Michael Stark.*

## Anacortes Soroptimist clubs continue tradition of generosity for families in need

Local community-service clubs Soroptimist International of Anacortes and Fidalgo Island held the annual Community Baby Shower to benefit young families in need. Infant clothing, quilts, blankets, knitted infant baby sets, accessories and more were donated to give them a better start. All items received were greatly appreciated by Island Hospital on behalf of new moms and moms-to-be who need help.

The event was greatly supported by the community, including members of the Cultured Pearls Club and other kind knitters in Anacortes; The Market of Anacortes; as well as many generous individuals who made blankets and donated baby items.

This annual event has been held for the Island Prenatal Care Center (IPCC), which is now part of the Center for Maternal & Infant Care, located at Fidalgo Medical Associates.



## Sun Berries Donation

*Each year, Skagit Sun Berries has donated a portion of its Anacortes sales to the Island Hospital Foundation. In 2016, \$6,350 was given, bringing the total amount to \$31,377. Skagit Sun owner Don Kruse (left) hands another large check to Island Hospital Foundation Director Jeannette Papadakis. This spring and summer, Skagit Sun Berries will operate its stand at 22nd Street and Commercial Avenue, and again will donate to the Island Hospital Foundation. "We so appreciate Skagit Sun's generous donation each year," said Papadakis, "it is a wonderful gift to Island Hospital and our community."*

## Remembering

*The Island Hospital Foundation received gifts to remember and honor those listed from Jan. 1, through April 30, 2017:*

### IN MEMORY OF:

John & Lielanie Carabba	Ralph Saunders
Daniel F. Casey Jr.	Stewart Sterling
Alex Lermusik	J. Christopher Sole
Carol McCaffery	

### IN HONOR OF:

Donna Anderson	Dr. Laurence Lee
Dr. Mark Backman	Dr. John Mathis
Dr. Chip Bogosian	Dr. Morgan Merrill
Susan Butler ARNP	Dr. Joseph Mulcahy
Dr. Kevin Connor	Dr. Bryan Murray
Dr. Les Conway	Dr. Leah Oman
Dr. Jody Cousins	Dr. Robert Rieger
Dr. George Gjerset	Dr. Tari Roche
Dr. Sandra Hadjinian	Betsy Rogers
Dr. Jason Hogge	Dr. Robert Rookstool
Dr. Allen Horesh	Dr. Jonathan Shafer
IH Emergency Room Doctors	Dr. Stacia Smith
Dr. Michael James	Dr. Robert Stewart
Susan Jordan PA-C	Dr. Margaret Sweeney
Dr. Theodore Kim	Marge Thomas
	Dr. Helen Young

## GUARDIAN ANGELS:

Abi Bolanos

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

PO Box 1143,  
Anacortes, WA 98221

**Info: (360) 299-4201**

# Auxiliary thankful for another sweet success

Each February, coinciding with Valentine's Day, the Island Hospital Auxiliary (IHA) holds its Candygram Sale. At this event IHA members tie attractive ribbons and bows around chocolate bars, and as each bar is sold, they affix a sticker stating to whom and from whom the gift is being sent before hand-delivering to its appreciated (and appreciative) recipient.

Candygrams are sold almost exclusively to hospital employees for other employees and volunteers. Advertised sale hours are 8 a.m. until noon, or until all the Candygrams are sold. "This year, we sold our last remaining Candygram at 9:15 a.m.," said IHA President Betty-Anne Ely. "Only 75 minutes into the sale, we'd sold 331 Candygrams – which delighted us but created some disappointment among the employees who reached our table too late. We are now working on plans for adding a pre-order service next year."

"A morale booster for everyone," Ely said, "we love the positive spirit this event creates, and the purchasers enjoy a double-win of knowing they've both shown appreciation to a co-worker or volunteer while simultaneously supporting their hospital."

"We extend our sincere gratitude to Anacortes Walgreens and its manager, Lindsey Couey, who donated most of the chocolate bars and greatly helped us to realize a nice amount of profit to bank into the monies we use to buy needed items for the hospital," Ely said. "This year, the funds are appropriated for purchase of six additional bed tables for our inpatient community members."



*Working another successful Auxiliary Easter Basket Sale were (from left) Joni Simmerman, Julie Anderson, Cara Brown, Julie Hildebrandt and Janice Altomari.*

## Upcoming Events

- July 25: Penny Drive, 8 a.m. - noon.
- September 11: Next working meeting

To learn more about the Auxiliary, call Betty-Anne Ely (360) 840-3038 or Kathy Morgan (360) 293-8393.

## MESSAGE continued from Page 2

any "repeal and replace" legislation proposals may result in significant losses for Island Hospital.

As the newest Commissioner, I realize that we are the stewards for a vital community resource. Island Hospital is the area's largest employer, with a budget bigger than the City of Anacortes. But what defines us is our central role in the health and the healthcare of the people who live on Fidalgo, Guemes, Sinclair and Cypress islands (comprising our district) and in the surrounding areas. We are entrusted with providing the best-possible facilities, staffed with the best people that we can recruit and to provide them with the best training, technology and support available. Our goal is to ensure that we can all continue to count on high-quality medical care in our community for many years to come.

It's been a challenging year and I expect more of the same. We are all working together on this with one objective: The best healthcare for everyone.

If you have any questions or comments for me or any other Commissioners, please call (360) 299-1327, or email us by visiting [www.islandhospital.org/leadership](http://www.islandhospital.org/leadership). We want to hear from you.

## myIslandHealth continued from Page 5

1. Request clinic appointments.
2. Request medication refills.
3. Send and receive secure messages from your healthcare provider's office.
4. Access your health record any time.
5. Access lab results and diagnostic imaging reports without having to wait for a callback from your provider's office.

While a patient portal can be helpful to just about everyone, having an account can be even more valuable to:

- **Parents of young children:** Whether you are printing an immunization report for your child's summer camp registration or checking on when they had their last well-child visit.
- **Adult children of aging parents:** Monitoring your aging parents' health from afar can be done more easily with the use of a patient portal. Adult children with proxy access can view their parents' recent visit summary and know that you are getting all the information. Plus, if you have questions for their provider, you can message them.
- **Anyone managing a chronic condition or coping with a new diagnosis:** Having your health information archived allows you to review old information (e.g., labs,) that could be relevant to your current health.
- **Those who love to travel:** Your myIslandHealth account is portable and accessible from any computer, tablet or smartphone with Internet connection.
- **Those who want to be efficient with their time:** If you are someone who prefers email over voicemail then you will really appreciate having a patient portal. With a myIslandHealth account you can go online, any time of day and schedule appointments, request prescription refills, and send a message to your provider.
- **Those who want easy access to their health record:** With a patient portal you have access to your health record at the click of a button. No more searching through piles of paper trying to find what you are looking for.

Patients can create their own patient portal account online at [www.islandhospital.org](http://www.islandhospital.org) if they have a valid email address on file or they can request access at their next hospital or clinic visit. For questions about the portal, call (360) 299-1300 and ask for Portal Support.

# Patient Access: Working to make patients feel welcome

The Island Hospital Patient Access Department is responsible for the timely scheduling and registration of patients for inpatient and outpatient services. Staff in this department continually works to improve this process so it's convenient and comfortable for patients.

A member of the Patient Access staff is typically the first person hospital patients, families and other visitors will contact as they enter the hospital. The department strives to make hospital guests feel welcome, also providing directions and other support for their hospital visit.

"Making everyone who comes into the hospital feel welcome is vital," said Director of Revenue Cycle Kay Steiner. "We work very hard to find the best people to serve in this role."

The information collected at registration is vital as the patient moves through the hospital visit. Gathering correct information positively affects patients' experiences and ensures they get the full benefit of their health-insurance coverage. The information must be complete and accuracy verified.



**Admissions Specialist**  
*Angie Sage helps a caller.*

"Some of our patients can be frustrated with us, but we must collect accurate and current information to ensure the patient will have a positive experience and no surprises when they receive the billing information," Steiner noted.

Can the patient make this process easier?

"Patients who come in for a procedure can definitely make the process easier by bringing current information with them," said Bo Gillentine, Manager of Revenue Cycle. "This includes photo ID, health-insurance card, Advance

Directive, Durable Power of Attorney information and, for an emergency visit, a complete list of medications."

Patient Access also provides Admission Counseling to discuss



*Members of the caring Patient Access staff include (from left) Admissions Counselors Marsha Smith and Lacey England, Director of Revenue Cycle Kay Steiner, Manager of Revenue Cycle Bo Gillentine and Admissions Counselor Carol Friedman.*

costs with patients and secure pre-approvals from insurance companies. Admissions counselors also can provide estimated costs for the patient as well as insurance coverage, Medicaid application and any other qualifying funding programs. They can also help complete applications, discuss current bills, payment plans and answer any questions a patient may have.

Patient Access comprises 33 employees at nine locations:

- 24th Street main entrance
- Central Registration
- Emergency Department entrance
- Physical, Occupational & Speech Therapy
- Cardiopulmonary Care Center
- Lopez Island Physical Therapy
- Admission Counseling office
- Switchboard
- Mail room

## MUMPS continued from Page 4

The Centers for Disease Control and Prevention (CDC) recommends that children get two doses of MMR vaccine: the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults should also be up to date on MMR vaccinations. If unsure, check your immunization records whenever possible. People born before 1957 are 95-98% immune due to having childhood mumps or vaccination in the early 1960s.

### To prevent the spread of mumps

- If you don't think you ever had MMR vaccine, contact your healthcare provider for immunizations or a blood test as soon as possible. If you don't have a healthcare provider, call your local health department.
- If you think you have been exposed to mumps, contact your healthcare provider for advice.
- If you become ill after a possible exposure to mumps:

- ➔ Contact your healthcare provider and ask to be evaluated for possible mumps.
- ➔ Protect other people - Stay away from other people to avoid exposing them to mumps.

Sources of information presented in this article are the CDC, Washington State Dept. of Health, and the Public Health Insider – a publication of Public Health, Seattle & King County staff.

Island Hospital  
Foundation  
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