



ISLAND HOSPITAL

Spring/  
Summer  
2012

# Heartbeats

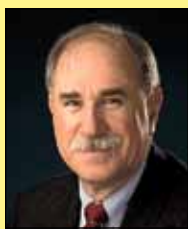
*Magazine*

**Latest advancements in knee-replacement surgery performed at Island p. 12 & 13**



**Gala of Hope raises \$189,000 p. 14**





### By Chip Bogosian MD

Island Hospital Board of Commissioners

## Commissioner Message

I need your help. Why do some of our local folks drive 160 miles or more to a "big metropolitan medical center" to obtain the same quality medical care we have here in Anacortes?

I practiced anesthesiology for almost 30 years at Swedish Medical Center in Seattle, in addition to working stints at Virginia Mason, Harborview, The University Hospital and the Ballard Hospital. Suffice it to say I have a working knowledge of what is available in the city of Seattle as well as other *Meccas* of medical care around the state. In addition, I served my anesthesiology residency at Harvard University and have intimate knowledge of that excellent system. I picked Island Hospital for my last three surgical procedures with the full knowledge that we do things just as well here, if not better than some of the more popular Seattle-area centers.

I had a colonoscopy at a well-known Seattle institution and it was a very unpleasant experience. Needless to say I was anxious when it came time to have another. I decided to have my next colonoscopy at Island Hospital, and it was the best experience of the three I've gone through.

What else have I had done at Island Hospital? Well, glad you asked. In March of last year I had a bicycle accident and fractured my hip. I could have gone anywhere to have this fixed and chose to have it at Island by one of our excellent local orthopedic surgeons. And it's not just the surgeons, but the entire team that is outstanding: anesthesiologists as well as the RNs and staff in surgery and recovery. Island's very low infection rate is also far superior to many hospitals in Washington.

When I reviewed the x-rays post-operatively, I was amazed at the results. As is normal after such surgery, I was very weak. I quickly improved under the guidance of therapists at Physical, Occupational & Speech Therapy at Island Hospital. I was soon able to walk normally and ride my bike at the level I had achieved prior to the accident.

Wait, there's more! After researching total knee replacements (and having been cared for by the Seattle Sonics team physician for years), it came time to have my knee replaced and, again, I chose our local orthopedic physicians and Island Hospital. They have the experience and the track record for the operation I needed and are pioneers in the field of knee replacement (see articles on the latest in knee-replacement surgery on pages 12 and 13). And, just as my fractured-hip-surgery experience transpired, all the services required for a successful knee replacement were excellent.

Suffice it to say I am very proud of our institution and as a physician (the most-demanding type of patient!) I have chosen to obtain my major medical care here in Anacortes. Now let's consider what we should do if we do not have the services at Island Hospital that you need or require. Our physicians, whether they be general surgeons, oncologists, internists or primary-care doctors, have years of experience treating a multitude of conditions. Additionally, they also are aware of the region's best practitioners should you need referral to another facility. Island Hospital is a portal to a larger healthcare system that has been carefully scrutinized in order to get the best care for referred patients.

Consider us your first stop for medical care. If you ever have any questions I would be more than happy to talk with you.

*Chip Bogosian MD can be reached at [chip@bogosian.net](mailto:chip@bogosian.net).*

## Pertussis reaches epidemic levels in state, county

### By Peter Browning

Director, Skagit Public Health

Since the beginning of April, the state of Washington has reached epidemic levels of those contracting pertussis, also known as "whooping cough". More than 1008 cases have been reported statewide through late April, compared with 695 cases in 2011. Of this total, Skagit County had 200 cases reported and we are anticipating hundreds more. We have the highest rate in the state with 166.8 per 100,000 population.

*Pertussis* is a highly contagious respiratory illness spread by coughing and sneezing that affects people of all ages. However, it is most serious in infants under one year old. Symptoms are similar to a cold followed by a long, severe "dry" cough that can last for



weeks. Adolescents and adults often get a milder case of pertussis, but they continue to spread it. This dry cough leads to gagging, vomiting and a catching-breath sound (or "whoop") at the end of the coughing spell. Infants may turn blue and even stop breathing. Pertussis starts with a dry cough, sore throat, runny nose, low-grade fever and, in seven to 10 days, progresses to convulsive coughing fits.

Pertussis can be very serious for young babies, who often get the condition from adults and other family members. Those of us in public health are very concerned about the rise in reported cases and urge all teens and adults of all ages to be vaccinated with *Tdap* to help protect babies who are too young for the vaccine or have not completed their first series of four *DTaP* vaccines. The adult *Tdap* is only licensed for a one-time adult boost. We urge all providers to vaccinate with the fourth dose of *DTaP* at 12 months instead of 18

months during an outbreak.

Recently, the state Department of Health ran public-service announcements that featured a Snohomish County mother who lost her 26-day-old newborn daughter to pertussis.

The vaccines most children and adults get over time wear off, as well as previous disease immunity, so it's a good time to get the booster vaccine. This is especially important for anyone who has close contact with babies younger than one year including parents, siblings, grandparents, healthcare providers and child-care providers.

Please check with your healthcare provider to ensure that you and your family are vaccinated. For more information on pertussis, visit [www.doh.wa.gov](http://www.doh.wa.gov) or [www.cdc.gov/pertussis](http://www.cdc.gov/pertussis) or [SkagitCounty.net](http://SkagitCounty.net).

To contact a public-health nurse in Skagit County call 360-336-9477, in San Juan County call 360-378-4474.

# As I See It...

By Vince Oliver, IH  
Chief Executive Officer



## Strength in numbers

Providing medical care in rural communities is becoming more and more financially challenging, especially for small independent hospitals like Island Hospital. Over the years we have worked with other hospitals and clinics to leverage resources and share expensive required functions such as physician recruitment, marketing, financial recording and reporting, compliance, technology upgrades and information systems.

As announced late last fall, we have entered into an agreement to collaborate with Skagit Valley and Cascade Valley hospitals. Since that time we have held regular meetings of the CEOs and CFOs as well as joint meetings with all three hospital boards. We have worked on common goals, learned more about the hospitals we are working with and have begun to draft a proposal for a tertiary relationship with a larger medical center or health system. The proposal will outline a "wish list" of items potentially available from an organization with many more resources.

Over the past few years, we have worked with Skagit Valley Hospital on numerous mutually beneficial projects that included:

- Recruiting physicians for urology and oncology
- Jointly purchasing Northwest Urology Clinic
- Establishing a diagnostic-imaging secure information exchange (also with United General Hospital)
- Establishing an echocardiography partnership

- Establishing the Medical Information Network-North Sound to provide a hub for local hospital providers access to health information
  - Securing space for Skagit Regional Clinic Cardiology services on the Island Hospital campus.
- Our relationship with Skagit Valley Hospital has been rewarding for both organizations and allowed Island to provide services locally that may not be possible otherwise.

Opportunities for alignment with other hospitals include:

- Joint negotiating for insurance contracts
- Medical Staff education
- Pacific Northwest University medical-student training
- Supply purchasing
- Business functions that can be located off site
- Coding and compliance.

While we seek collaboration, we must keep our District's best interest as a guide. The Island Hospital Board and our collaborative partners share our goals and objectives to

- Remain a strong, independent organization
- Retain our identity
- Enhance patient-care services
- Solidify and grow market share
- Reduce costs through collaboration
- Identify a tertiary healthcare organization (most likely a large urban medical center) for a collaborative opportunity.

As always, we will keep our community updated at every step of our collaboration through our website ([www.islandhospital.org](http://www.islandhospital.org)), *Heartbeats*, the local press and other media.

I always encourage your comments, concerns and suggestions. Feel free to contact me at [voliver@island-hospital.org](mailto:voliver@island-hospital.org) or at (360) 299-1300 ext. 2411.

### Our Mission:

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

#### Island Hospital

(Skagit County Public Hospital District No. 2) is governed by a Board of Commissioners. Correspondence to commissioners can be sent to:

#### COMMISSIONERS

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

#### POSITION 1

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Paul Maughan PhD (President)

#### POSITION 4

Laurie M. Gere

#### POSITION 5

A.J. "Chip" Bogosian MD

#### Heartbeats

is published by the Community Relations/Education Department.

Comments or suggestions to:  
(360) 299-1310

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## ISLAND HOSPITAL

## Our Promise

Your best healthcare experience begins at Island Hospital.

We always place your emotional and medical needs first and foremost.

## Wound Care & Hyperbaric Medicine Center:

### Q&A with Medical Director Enrico Versace MD

**I**sland Hospital launched an advanced wound-care program in January, housed in the new Medical Arts Pavilion on the east side of the hospital campus. Dr. Enrico Versace MD, Medical Director of the new center, answered some questions about the services now offered here.

#### **Q - How has the new Wound Care & Hyperbaric Medicine Center been received in Anacortes?**

**A** - I have been very excited about the warm reception that we have received, not only from the patients but from the physicians and nursing staff as well. The patients have been very pleased with their experiences in the clinic and by the growing number of referrals I have to believe that the medical

community is pleased to have us on board as well.

#### **Q - What do hyperbaric chambers do to help wounds heal?**

**A** - Depending on the wound, hyperbaric oxygen therapy can benefit the patient in several ways. The biggest benefit to the more common conditions treated in an outpatient wound care center is the super-saturation of oxygen in the plasma and tissues of the body. Since hemoglobin can carry a finite amount of oxygen to tissues, the addition of pressure to the body allows significantly more oxygen to dissolve in the plasma and tissues, thus providing a critical component for healing. Hyperbaric oxygen therapy also has an anti-inflammatory effect for situations when swelling might be a significant part of the pathology such as in traumatic crush injuries and subsequent compartment syndromes.

#### **Q - Are there other uses for the chambers?**

**A** - Most people are likely familiar with hyperbaric oxygen therapy (HBOT) for treating decompression illness or "the bends". Other UHMS (Underwater and Hyperbaric Medical Society) approved and Medicare covered indications include:

- Acute carbon monoxide intoxication
- Cyanide poisoning
- Arterial gas embolism
- Gas gangrene
- Acute traumatic peripheral ischemia
- Crush injuries and re-attachment of severed limbs
- Progressive necrotizing infections/necrotizing fasciitis
- Acute peripheral arterial insufficiency
- Preparation and preservation of compromised skin grafts
- Chronic refractory osteomyelitis
- Osteoradionecrosis
- Soft tissue radionecrosis
- Wagner grade 3 diabetic foot ulcers (to the bone)
- Actinomycosis infection

In addition to the above list, there are several UHMS approved indications such as acute retinal artery occlusion and acute sensorineural hearing loss. You will also see literature about HBOT being used for traumatic brain injury, Lyme disease, Alzheimer's



**Enrico Versace MD**

Dr. Enrico Versace graduated from Williams College in Williamstown, MA in 1982 and attended St. George's University

School of Medicine in Grenada, West Indies from 1987-1992. He was certified in Hyperbaric Oxygen Therapy during his practice as a hospitalist at Billings Clinic, Billings, MT where he also managed the monoplace chamber.

His experience includes treating complex surgical wounds, brain-injured patients due to anoxia or mechanical trauma, and infections requiring long-term intravenous antibiotic treatments.

dementia, stroke, chronic pain syndrome and many other medical conditions.

#### **Q - When should a person be concerned about a wound not healing?**

**A** - When a wound has been subject to treatment for three to four weeks and has not shown any signs of improving then it is appropriate to see a wound-care specialist. Persons with difficult-to-heal wounds in the past should consider a visit sooner. Be sure to let your primary healthcare provider know about any concerning wound as early as possible.

#### **Q - How many times does a patient need to be in the chamber before treatment is complete?**

**A** - Depending on the medical diagnosis being treated, treatments needed for an individual can range from 1 or 2 for mild carbon monoxide poisoning to 50 or 60 treatments for large diabetic foot ulcers with bone exposed or severe refractory osteomyelitis. Patients generally get treated, or "dive" as we refer to it, daily Monday through Friday until resolution is achieved. Most patients can expect to be in the chamber for about 2 hours per treatment.

#### **Q - Is there anything typically said by patients after first treatment?**

**A** - Most patients are surprised at how spacious it is inside the chamber and that they feared feeling closed in and, in fact, they just relaxed and watched a movie for the time of their treatment. Basically it is easier than most people think to undergo treatment.

### Restorix Research Institute

The Restorix Research Institute (RRI), in affiliation with Restorix Health is dedicated to advancing the working knowledge of hyperbaric medicine and developing new treatments with hyperbaric oxygen. Currently, hyperbaric oxygen therapy (HBOT) is approved for 14 to 15 limited applications.

In order to advance patient care, RRI is constantly developing clinical trials to test the effectiveness and efficacy of HBOT in neurological conditions (stroke, Alzheimer's disease, traumatic brain injury, post-concussion syndrome) and potential applications in advanced wound healing (stem cell recruitment).

The Restorix Research Institute designs peer-reviewed studies to uncover new healing advances and drive cross-specialty standards of care to help patients. All research studies are overseen by the Western Institutional Review Board.

#### **Current Study:**

RRI and Restorix Health are active participants in the National Brain Injury Rescue and Rehabilitation (NBIRR) study. This study will look at the effects of hyperbaric oxygen therapy on treating traumatic brain injuries (TBI) and damage from concussions.

For more visit [www.restorixresearch.com](http://www.restorixresearch.com).



## It's Tasty Tuesdays all summer

Underlining its commitment to serve fresh produce to patients and Island Bistro diners whenever possible, Island Hospital will again host a weekly Summer Farmstand Wellness Fest each Tuesday beginning June 12, with extended hours from 11 a.m. to 4 p.m.

The weekly Farmstand gives members of the community expanded access to locally grown, pesticide-free foods, while promoting better nutrition and supporting local farmers who help sustain agriculture in the Skagit Valley. This year the stand will feature Schuh Farms produce and include a variety of fruit from Eastern Washington, local vegetables and berries, freshly baked breads, colorful flower bouquets and more.

In addition to the Farmstand, the Summer Wellness Fest also will include information on nutrition and how to lead a healthier life, cooking demonstrations and return of the popular chair massage.

The weekly Tuesday Farmstand will be located adjacent to the main Island Hospital entrance at 1211 24<sup>th</sup> Street. For more information, contact Sherrie Veatch (360) 299-1377, or Suzie DuPuis (360) 299-1300, ext 2567.

## High-quality medical care... now!

Anyone who needs medical care immediately can now literally walk in for care, 8 a.m. to 8 p.m., Monday through Saturday.

The Walk-In Clinic at Island Hospital, located in Anacortes Family Medicine, 2511 M Avenue, Suite B, is available for those whose regular healthcare provider is not accessible or for those visiting or new to the area.

Providing care for all common health concerns, The Walk-In Clinic can help with these conditions and more:

- Colds, flu, fever

- Ear aches, sore throats
- Migraines
- Rashes
- Bumps, bruises, cuts
- Urinary tract infections
- Sinus infections
- Sports physicals
- Commercial driver's license exams
- Much more

The Walk-In Clinic is staffed with licensed, compassionate healthcare providers who are ready to serve patients; right now, no appointments, no phone calls and no long waits.

For information call (360) 299-4211.

## Healthy Eating

by Suzie DuPuis RD  
Island Hospital Dietitian



### Split-pea with ham soup

*Regulars at Island Bistro (at Island Hospital) have been asking for soup recipes by Chef Darwin Anderson. Typically, he makes about five gallons for lunch service.*

*"Here is Darwin's recipe for split-pea soup, which I've cut in half to make approximately two and a half gallons. We thought that would be a reasonable quantity, as we both make big batches of soup when cooking at home. We then freeze the leftovers in quart containers for later use. Soup is even better the second time around!"*

- Suzie DuPuis, Island Hospital Registered Dietitian

- |                        |                             |
|------------------------|-----------------------------|
| 1 large ham shank      | 1 cup chicken base          |
| 8 cups split peas, dry | ½ tsp pepper                |
| 1 lb celery, diced     | ½ cup fresh garlic, chopped |
| 1 lb onions, diced     | 1 Tbsp granulated garlic    |
| ½ lb carrots, diced    |                             |

- Rinse peas. For best results, soak overnight.
- Cover ham shank with cold water, bring to rapid boil.
- Turn down to slow simmer, skim top while cooking.
- Cook 2 ½ hours.
- When done, remove ham, dice. Strain stock.
- Combine all ingredients – peas, ham, vegetables, soup base and seasonings.
- Cook 2 hours until peas are tender.

*Suzie DuPuis is a Registered Dietitian at Island Hospital. She can be contacted at (360) 299-1300 ext. 2567, or [sdupuis@islandhospital.org](mailto:sdupuis@islandhospital.org).*



*Stirring it up – Popular Island Hospital Chef Darwin Anderson prepares his renowned split-pea soup.*

## FMA patients encouraged to use Walk-In Clinic on Saturdays

Patients of Fidalgo Medical Associates (FMA), which has offered Saturday appointments for many years, are encouraged to utilize The Walk-In Clinic at Island Hospital for after-hour and Saturday clinic visits.

"Coming to the Walk-In Clinic will mean that all test results and visit notes will be on the Island Hospital system for FMA providers to access on demand," said FMA Manager Patty Codd.

*FMA patients should call 293-3101 for more information.*

## Cindy Anderson earns Management Leadership Award

Cindy Anderson, Controller at Island Hospital, was named 2011 Management Leadership Award winner at the annual Employee Recognition Dinner. As hospitals around this region and around the country strive to balance financial stability with providing quality healthcare, her job has become increasingly important.

Cindy is responsible for monthly and annual financial reporting, managing inspections of regulators, developing in-house financial statements and handling other top balance-sheet tasks. She joined Island Hospital in 2007 as a staff accountant and was promoted to Controller in 2008, a role to which she brings not only sharp accounting skills, but a talent for organization and interpersonal communication.

Cindy and her husband, Todd, were born and raised in Anacortes and after attending college and working in the Seattle area, found their way back to their home town to continue their careers. The couple's son, Ian, will graduate from Anacortes High School and the Skagit Valley College Running Start program in June. Their son, Miles, is a sophomore at AHS.

Cindy was both surprised and gratified to be given the Management Leadership Award. "This is such an honor because nominees and

winners are selected by their peers," she said. "I'm privileged to work with some very good administrators and staff who are proactive in

finding ways to cut costs and generate revenue – all while maintaining the high standard of care our patients deserve."



*Employee honors – IH Administrators join top honorees following the Annual Employee Service Recognition Dinner (from left) Chief Nursing Officer Lois Pate RN, Employee of the Year Anne Ijams, Chief Financial Officer Peter Swanson, Management Leadership Award winner Cindy Anderson CPA and Chief Executive Officer Vince Oliver.*

## Employees of the Month 2011

**January – Marie Holloman**

**February – Teri Blanton RN**

**March – Rachael Vaughn**

**April – Randy Richards**

**May – Shawn Mitcham**

**June – Kathy Demaris CNA**

**July – Aaron Bontrager**

**August – Sherry Pabona RN**

**September – Anne Ijams**

**October – Eva Ould**

**November – Jean Chudy RN**

**December – Austin Schafer**

## Anne Ijams named 2011 Employee of the Year

As analyst of MPM (Medical Practice Management) software, Anne Ijams is at the center of Island Hospital's transition to electronic medical records. Her skills and commitment to implementing this critically important system have earned her recognition as 2011 *Employee of the Year*.

Anne was employed with Fidalgo Medical Associates for 10 years as Network Administrator, managing the computer system and supporting projects. She joined Island Hospital in 2010 to implement and manage the transition to electronic medical records.

Anne finds her work to be "incredibly rewarding" and is proud to be part of an initiative that is moving Island Hospital forward in generating value and improved processes for healthcare providers and their patients.

Anne is a resident of Anacortes and she and her two children are involved in a variety of outdoor activities. She enjoys gardening, reading and tackling projects around her home.

"I'm very honored by this award," she said. "To be working with our physicians and clinical staff – who have been incredibly positive and gracious as we all work together to make this project a success – has made my job not only easier but more gratifying."

# EMPLOYEE HONORS 2011

## Employee service recognized at annual event

Island Hospital held its 10th Annual Employee Recognition Dinner in April honoring dozens of employees for exceptional performance and upholding the Island Hospital Promise. Employees recognized for their contribution to the hospital were 2011 Employees of the Month, Employee of the Year Anne Ijams and Management Leadership Award winner Cindy Anderson CPA. In all, employees were honored for nearly seven centuries of service to the hospital and the communities we serve. Barbara Aguero RN and Pamela Olich-Tweten RN were the longest-term honorees with 30 years of service.

### 30 YEARS

Barbara Aguero RN, CNOR  
Pamela Olich-Tweten RN, BSN

### 25 YEARS

Mary Boylon RN  
Suzie DuPuis RD  
Melvin Larsen  
Susan Stratton CRCST

### 20 YEARS

Barbara Brunisholz RNC  
Sally Christensen CPhT  
Nancy Estvold RN  
Cynthia Horton RN  
Mary Selting RN  
Teresa Symonds

### 15 YEARS

Carollee Allen RN  
Jill Blair RN  
Toni Enos SSC  
Renee Heenan RN, BSN  
Holly Hoskinson RN  
Debbie Johnson  
Joanne Jordan RN  
Jennifer Marks  
Susan Paulsen RN, BSN

### 10 YEARS

Sherry Bayes  
Robin Catlin RN  
Teresa Cook  
Bruce Cox MA, RRT-NPS, AE-C  
Kathleen Crawford RN  
Claudia Gonzalez-Amador  
Jennifer Grant PhT  
Lillian Green RN, BSN  
Janet Priggee RN  
Ilima Shaw PT  
Beverly Swanson

### 5 YEARS

Karen Allen  
Bonnie Antoncich PT  
Angela Celebrezze MT (ASCP)  
Shannon Dean RN  
Rebecca Demersseman RN  
Teresa Florence  
Connie Gentry CNA  
Nicole Gonzales RN

Marcela Henderson CNA  
Rebecca Hobbs RN, BSN  
Ana Lamb  
Tammy Leboeuf  
Rhonda Lowry RN  
Rozetta Ludwigsen RN  
Annette Macartney RN  
Tammy Mackey  
Carie McFarlin RN, BSN  
Ashley McHenry  
Jennifer Moehl RN, BSN  
Roseanne Moran CNA

Jennifer Morrell RNC, MSN  
Amanda Reed  
Jesus Rellama  
Randy Richards  
Kathryn Saulsbury RN, BSN  
Scott Schoultz OT  
Shelly Smith  
Yaicha Stevens MT (ASCP)  
Steven Thompson CRT  
Kara Tippet  
Carolyn Tucker SPHR



### Body Contouring

- Abdominoplasty (Tummy tuck)
- Body lift
- Gluteal augmentation
- Liposuction
- Thigh lift
- Upper arm lift



### CENTER FOR AESTHETIC, RECONSTRUCTIVE & HAND SURGERY AT ISLAND HOSPITAL

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Board Certified Plastic Surgeon  
Fellow, American College of Surgeons

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### Plastic Surgery

- Breast reduction, augmentation, reconstruction & lift
- Brow & face lift
- Fat grafting
- Rhinoplasty (nose)
- Skin resurfacing
- Upper & lower eyelids





# VOLUNTEER HONORS 2011

Island Hospital is fortunate to have exceptional Volunteers that help the hospital provide outstanding care and uphold the hospital Promise. In 2011, 135 Volunteers contributed nearly 17,000 hours, representing hundreds of thousands of dollars in contributed service. Overall, active Volunteers represent an accumulation of more than 130,000 hours contributed to Island Hospital. These hour figures are more than likely below actual numbers since it's a well-known fact that more than 20% of Volunteer hours go unrecorded.

"Since its initiation in 1957, the hospital district has enjoyed tremendous community support and we deeply appreciate each and every Volunteer we have," said IH Chief Executive Officer Vince Oliver.

## UNDER 50

Chris Anderson  
Jeanne Belanger  
Judy Bligh  
Eloise Brookman  
Laura Craven  
Peggy Crosgrove  
Robert Crovella  
Rona Davis  
Tammy Dugan  
Dixon Elder  
Karin Gandini  
Bill Harpham  
Peggy Insull  
Charmaine Johnson  
Michael Kim  
Paul Kim  
Christopher Kube  
Shirley Lewandowski  
Dee Oliver  
Tanya Osol  
Kim Padgett  
Margo Perry  
Beth Prins  
Nancy Raphael  
Richard Rohweder  
Camille Seligman  
Anyssa Walker  
James Weagant  
Susan Welborn  
Nancy Wilson

## 50 HOURS

Patti Bjarnason  
Violet Critchley  
Ruth Eide  
Sharon Horak  
Terry Kratzer  
Anna Lewis  
Tanya Osol  
Betty Phillips

## 100 HOURS

Martha Bufkin  
Shari Cohen  
Barbara Cooper  
Claudia Dillman  
Doug Fakkema  
Linda Harbers  
Rich Horak

Bette Huff  
Carrollei Lamoureux  
Lisa Mealey  
Ashleigh Neitzel  
Robin Robinson  
Kim Satterlee  
Erin Soucy  
Sarah Tobien  
Margaret Wilson

## 200 HOURS

Barbara Allan  
Julie Boe  
Suzanne Emery  
Jo Fuqua  
Jerry Hann  
Lynne Hann  
Carolyn Kloke  
Sandra Koffron  
Joanne Liantonio  
Floy Ann Montee  
Terry Oliver  
Sandra Tucker

## 300 HOURS

Wendy Bents-Patterson  
Julie Edwards  
Ann Huston  
Anne Jackets  
Mike Jackets  
James Thomas

## 400 HOURS

Pam Birchfield  
Nancy Bitting  
Ginny Brightwell  
Mac Langford  
Lorraine Smith  
Carol Withrow  
Jack Withrow

## 500 HOURS

Donnalee Acosta  
Betsy Rogers  
Anna Rosenthal  
Nancy Rota  
Margaret Vasquez

## 600 HOURS

MaryEllen Dorsey  
Joan Hallenbeck  
Scott Love

## 700 HOURS

Shellie Bogosian  
Gwen Buchan  
John Insull  
Maddy Rose  
Shirley Smith

## 800 HOURS

Helene Fink  
Diane Groves  
Sally Kilpatrick

## 900 HOURS

Stella Doyle  
Peggy Griswold  
Judy Matye  
Jonathan Prescott  
Diane Ramerman

## 1000 HOURS

Diane Crawford  
Karen Maughan  
Brian McKee  
Pat Weeth

## 1100 HOURS

Mimi Chambers  
LouAnn Curtis

## Keeping the Promise



*In early March, Gifts & More Volunteer Diane Crawford received a call for balloons to be taken to one of our inpatients. Unfortunately, there was no helium available to fill the order and Diane instructed the caller to contact a local store and offered to pick up the balloons and personally deliver to the patient's room, which she did. The family was delighted at Diane's service and a family member came in personally to thank her. In the photo, CEO Vince Oliver presented cards of thanks from Chief Nursing Officer Lois Pate RN and him as well as a small gift. Thank you Diane for literally delivering on Island Hospital's Promise.*



# VOLUNTEERS AT ISLAND HOSPITAL

Peter Dowden  
Barbara Kiver

## **1200 HOURS**

Glenda Bolicek  
Jack Dunphy  
Ann Giboney

## **1300 HOURS**

Louise Kelly  
Austin Schafer  
Curt Van Hyning

## **1500 HOURS**

Penny Rustad

## **1600 HOURS**

Gail Koller

## **1700 HOURS**

Betty Adams  
Ginny Kluth

## **1800 HOURS**

Win Stocker

## **1900 HOURS**

Suzette Richards  
Jeri Strom

## **2000 HOURS**

Jenny Market  
Ralph Scott

## **2100 HOURS**

Laurie Mueller

## **2700 HOURS**

Nancy Husted

## **2800 HOURS**

Betty Anne Ely

## **2900 HOURS**

Dee Holmes

## **3200 HOURS**

Pat Bell

## **4200 HOURS**

Les Cooper

## **5400 HOURS**

Rebecca Flint

## **5500 HOURS**

Elaine Oliphant

## **6000 HOURS**

Craig Smith

## **8500 HOURS**

Marge Sargent

## **14,000 HOURS**

Kydie McKee

## *Dorothy Jean “Ho” Taylor 1924 - 2012*

Dorothy Jean “Ho” Taylor, a key advocate for the establishment of Skagit County Public Hospital District No. 2 and the construction of Island Hospital, passed away on Jan. 27.

In the late 1950s, Mrs. Taylor, along with Jo Driftmier and Estelle Ferguson, knocked on virtually every door in town to encourage a “yes” vote on the ballot that would establish a new hospital district on Fidalgo Island, then repeated that effort to build the hospital that opened in 1962. Ho cheerfully donated her time in voluntary service to Island Hospital until 2008, amassing more than 12,000 recorded hours and thousands more not officially recorded over six decades.

It was Mrs. Taylor who first said, “What would it take to build a new hospital?”, starting the community on a journey that resulted in the construction of a modern, medical-surgical hospital in Anacortes.

In 2002, Mrs. Taylor, Driftmier and Ferguson were named the first *Spirit of Island Award* winners, recognizing their efforts that enhanced our local community. She was also named a Red Cross *Real Hero* in 2004.

In 2006, the *Ho Taylor Award* was established for Volunteers that reach 10,000 hours of service to Island Hospital. The first – and, so far, only – recipient is Kydie McKee, who continues to serve.

Mrs. Taylor was very much at home at Island Hospital: “My time at, and love for the hospital fill me with joy and purpose. I cannot imagine anywhere else I would have felt so fulfilled.”



*Dorothy “Ho” Taylor campaigning in 1957 for the establishment of Skagit County Public Hospital District No. 2, which won overwhelmingly.*



*Blood Pressure Checks  
Every Wednesday!*

**FREE**  
**9 a.m. - noon**

*Island Health Resource Center  
Call 299-1309 for more information.*



*Ho Taylor (second from right) campaigning for the 2004 Island Hospital Renovation & Expansion Project bond election, which also won overwhelmingly (79% approval). With Ho (from left) are Rebecca Flint, Elaine Oliphant and Bev Chapman.*



## IH Sleep Wellness Center earns accreditation

With its state-of-the-art facility and experienced staff, the Island Hospital Sleep Wellness Center has been accredited by the American Academy of Sleep Medicine (AASM). This designation reflects the Center's ongoing commitment to deliver high-quality care to patients with sleep disorders.

"We are very excited that our Sleep Wellness Center is now fully accredited," said IH CEO Vince Oliver. "Meeting the high standards set by the AASM proves we are providing excellent sleep-medicine services in our community."

Since 1997, the AASM has set the standards by which the medical community, health insurers and the public evaluate sleep-medicine facilities. To earn accreditation, the IH Sleep Wellness Center satisfied requirements and met comprehensive quality standards for the diagnosis and management of sleep disorders. Accreditation benchmarks include establishing a definite continuum of care that leads to good outcomes – from conducting thorough and intensive sleep studies, to working with patients to ensure that procedures and equipment improve their condition and quality of life.

"AASM accreditation is the gold standard by which sleep-medicine programs are evaluated," said Robert M. Reyna MD, Medical Director of the Sleep Wellness Center at Island Hospital. "By becoming an accredited lab we have demonstrated our dedication to providing patients with the highest quality care."

The Sleep Wellness Center at Island Hospital is located at 1110 22<sup>nd</sup> Street (corner of O Avenue), Anacortes. For more information or an appointment, call (360) 299-8676.

## Advance directives safeguard your healthcare choices

You have the right to make choices about your medical care. And although these choices may not be easy to make, setting your preferences down in *advance directives* ensure that they will be considered even in situations when you are unable to communicate these decisions yourself. Advance directives let your doctor, family and friends know which treatments you want or don't want at the end of your life, whether you would wish to undergo diagnostic testing, surgical procedures, car-

diopulmonary resuscitation and other procedures.

In preparing your directives, your physician will help you understand your options for healthcare treatment at the end of your life. Others to consult are your attorney, family members and other trusted advisers. Advance directives may include a living will, healthcare directive or durable power of attorney for healthcare.

*continued on Page 23*

## Women and social security

**By Kirk Larson**

Public Affairs Specialist,  
Social Security Western Washington

Social Security plays a vital role in the lives of women. With longer life expectancies than men, women tend to live more years in retirement and have a greater chance of exhausting other sources of income. With the national average life expectancy for women in the U.S. rising, many women will have decades to enjoy retirement.

Women represent 57% of all Social Security beneficiaries age 62 and older and approximately 68% of beneficiaries age 85 and older.

Today the average life expectancy of a 65 year old woman is age 85. As a result, experts generally agree that if women want to ensure that their retirement years are comfortable, they need to plan early and wisely.

In 2010, for unmarried women – including widows – age 65 and older, Social Security comprises 49% of their total income. In contrast, Social Security benefits comprise only 37% of unmarried elderly men's income and only 32% of elderly couples' income.

### What you can do

The best place to begin is by knowing what you can expect to receive from Social Security, and how much more you are likely to need.

You can start with a visit to Social Security's Retirement Estimator. There, in just a few minutes, you can get a personalized, instant estimate of your retirement benefits. You can find it at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

You should also visit Social Security's financial planning website at [www.socialsecurity.gov/planners](http://www.socialsecurity.gov/planners). This provides detailed information about how marriage, widowhood, divorce, self-employment, government service, and other life or career events can affect your Social Security.

If you want more information about the role of Social Security in women's lives today, Social Security also has a booklet that you may find useful titled *Social Security: What Every Woman Should Know*. You can find it online at [www.socialsecurity.gov/pubs/10127.html](http://www.socialsecurity.gov/pubs/10127.html).



## FREE! 2012 Caregivers' List

Pick up the updated list of caregivers and caregiver agencies at Island Hospital's Health Resource/SHIBA Center, 1211 24<sup>th</sup> Street in Anacortes.

Caregiver information in this list includes:

- names and telephone numbers
- qualifications
- specific services
- geographical areas of service.

Health Resource/SHIBA Center hours are 8 a.m. to 4 p.m., Monday through Thursday. For further information contact Aubre Adams, MSW, LICSW, (360) 299-1342 or email [sadams@islandhospital.org](mailto:sadams@islandhospital.org).



# Orcas Island students study anatomy with help from local physicians

Fourth and fifth-grade students at Salmonberry School, on North Beach Road in Eastsound, have explored many aspects of the human body with guidance from their teacher Paul Freedman and two Salmonberry School parents who are local physicians.

"Dr. Jim Litch presented a terrific lesson on the structure and function of the human spine," said Freedman. "He focused on keeping the spine and the nerves it contains strong and healthy, and on avoiding injuries when bike-riding and diving. He also talked about the diagnostic process for spinal injuries and conducted some experiments on our ability to sense temperature changes."

In addition, Dr. Rachel Bishop led a fun and informative lesson in which students played detectives, examining a series of real x-rays for clues, according to Freedman. "The x-rays gave students clear pictures of the human skeletal system," Dr. Bishop said. "Thanks to the Group Health Foundation for the loan of their spinal model, x-rays and other teaching materials."

Dr. Litch is a family physician at Orcas Medical Center, and Dr. Bishop is a family physician at the Inter Island Medical Center on San Juan Island.



*Dr. Jim Litch, Orcas Medical Center talks about the human spine with Salmonberry School students Emma Freedman (left) and Tashi Litch.*

According to Freedman, other science lessons in the Salmonberry curriculum have emphasized the importance of a balanced diet for health and wellness. "We like to integrate strong academics with active learning to inspire our students to develop as creative thinkers and doers," he said.

## Big fat truth: The underappreciated benefits of fat

By David H.

Slepyan MD

Center for Aesthetic,  
Reconstructive &  
Hand Surgery



Fat has a terrible reputation. From dieting magazines to medical recommendations, body fat tends to be the target substance we'd all like to be rid of. Certainly, an excess of fat is undeniably a problem to cardiac, metabolic and overall health. But the fat in your body also serves a variety of positive purposes as well as providing a natural material for surgical improvements. I'd like to focus on these benefits and the exciting new opportunities made possible through the body's fat.

To begin with, our bodies need fat. Fat serves as an efficient energy store, it insulates and protects the organs, maintains the body's temperature, ensures healthy cell function, and protects against diseases. In protecting against disease, fat serves to remove and store pathogens from the blood stream until the body can get rid of them, either through urination, excretion or hair growth. Fat in the diet provides the only means of transporting and absorbing certain vitamins, such as A, D, E and K which are fat-soluble.

Naturally we all want a healthy amount of

fat in our bodies, and its easy to run to excess without proper diet and exercise. While most people spend their lives working on maintaining a healthy balance, as we age, we naturally lose fat in certain areas of our bodies. The face loses fat around the eyes, in the cheeks, and in the neck. The skin loses its original thickness, collagen, elasticity and adherence to underlying tissues. With increased susceptibility to the elements, particularly sun damage, the skin produces fine lines and wrinkles, and deeper lines around the mouth, the folds of the nose and the brow.

Plastic surgeons have recently begun to use fat to fill out these areas. Traditionally, many patients tackle these signs of aging with creams, injections and *dermabrasion*. Topical products are helpful to keep the skin hydrated and its natural barrier protected, and *dermabrasion* helps to smooth fine lines and wrinkles at the surface. Injection therapy can be very effective too, smoothing deeper lines and creases, with the minor downside of immobility in certain areas. But all of these have limited efficacy for deeper lines of the face, acne scarring and thinning skin. The use of fat itself, transferred from other areas of the body, has the advantage of being a long-lasting, nat-

ural-feeling, readily available and inexpensive solution. Removed from areas such as the abdomen or thighs, the fat rejuvenates the skin layer in the grafting site, as it is permeable and conducts blood flow to the area. As the body recognizes the material, there is no hazard of adverse immunologic reactions. Common areas of the face that are improved with the fat-grafting technique are hollows around the eyes, furrows between the eyes, the fold lines around the nose, the lines around the mouth and overall skin tone.

Fat can be transferred to other areas, such as the hands and breasts. As we age, the surfaces of our hands become lined and weathered, and fat grafting serves to fill out the skin, giving a younger appearance. Fat is also becoming an exciting alternative to breast implants. As implants have a limited lifespan and eventually require removal, fat grafting offers an alternative way of enlarging the breasts and improving tissue without additional surgery down the road. These are just a few of the ways surgeons are using fat grafting and no doubt there are more innovations to come.

David Slepyan MD is a board-certified plastic surgeon who can be contacted at the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital, (360) 588-2081, or [plasticsurgeon@island-hospital.org](mailto:plasticsurgeon@island-hospital.org).



## High-quality, exceptional surgical care provided at Island Hospital

Recently, the Island Hospital Surgery Department has been the site for innovative orthopedic surgeries that utilize new technological developments that show great promise. As a small-hospital-housed service, the IH Surgery Department is considered

one of the best and safest centers in which to have a surgical procedure performed. Under the direction of Bojan Kuure RN, the IH Surgery Department maintains extremely low infection rates and very high patient-satisfaction scores. As Island Hospital

Commissioner Chip Bogosian MD, retired anesthesiologist says, "Why would you go for a long trip when we have this wonderful surgery center right here in Anacortes?" (Read Dr. Bogosian's column on page 2.)

## Second-ever, patient-specific, partial knee replacement performed

An Arlington man had a specifically created partial-knee replacement performed by Dr. Richard Williamson, only the second such surgery in the U.S. The



Orthopedic Surgeon Richard Williamson (left) meets with patient George Johnson at follow-up examination in April.

surgery took place at Island Hospital and shortly after the first surgery of this type was performed in Minnesota.

Dr. Williamson, of Skagit Island Orthopedics, has been serving on the development group for the patient-specific partial-knee replacement procedure with the Zimmer Co., a global corporation focused on musculoskeletal products.

His patient, George Johnson, was walking stairs better than before surgery and feels strongly that he will be ready to enjoy golf again this summer. "I've been practicing standing with my (golf) club in my house," he said. "I told Dr. Williamson that I need to be able to swing my golf club for a tournament in July!"

"Patient-specific total knee replacements have been done in the past, but this is only the second time that a partial knee was implanted using computer-directed instrumentation specifically designed for each individual patient," said Dr. Williamson.

"I could not walk the golf course any longer and had a crooked left leg that Dr. Williamson straightened. I'm now learning to walk again with a normal stride," said Johnson, who installed floor covering for 34 years and has a family history of arthritis. "Before the surgery I could bend my knee maybe 20 degrees and now it's more than 90 degrees. I look forward to walking the golf course again."

With an estimated 600,000 per year performed worldwide, knee replacement has become a very common surgical treatment for patients suffering knee pain and loss of function due to trauma or disease. Since the first were performed in the 1960s, the surgical techniques have evolved through improved designs and instrumentation and, now, individual instruments specifically for each patient. The creation of these patient-specific instruments has been made possible by advances in computerized medical technology, especially in the diagnostic arena, and computer directed laser-sintering technology which

creates a specific set of instruments that conforms to the patient's individual anatomy.

In the process of diagnosing the patient, an MRI (magnetic resonance imaging) study is performed that provides a detailed, cross-sectional view of the knee. Physicians determine which part of the knee joint (comprising soft tissue and four bones: femur, patella, fibula and tibia) is healthy and unhealthy. With the digital MRI views, the orthopedic surgeon can define the parts of the knee that need replacement and send the specifications to Zimmer. A computer-only file is returned to the surgeon, who then uses a software application, or "module", to do a simulated surgery on a computer. Once satisfied that the replacement part is exact, Zimmer creates the patient-specific instruments using a computer directed laser-cutting system which are then used in the operating room to facilitate precise implantation of the surgical implants.

The year-long development of the patient-specific partial knee-replacement component included two other surgeons in the U.S., and one each from Australia, Belgium and Great Britain.

"This is a very important and exciting advance for our patients and Island Hospital," said IH Director of Surgery Bojan Kuure RN. "We have a great surgical staff and put much effort into providing only the highest-quality services. We feel much honored that Dr. Williamson chose Island for this landmark surgery."

"Island Hospital's Surgery Department has the expertise and technology that equals any major medical center in the state of Washington for knee-replacement surgeries of this kind," said Dr. Williamson.

"I've never been in a hospital before, except to visit someone," Johnson said. "Overall the hospital staff was absolutely wonderful. My wife was able to stay in the room and help me so they made her a bed and it was just great."

## Local patient receives knee replacement

Anacortes resident Mary Jo Brentari was a recipient of an innovative knee-replacement system that utilizes more durable material and a rotating platform in a surgery performed by Orthopedic Surgeon Kenneth Oates MD, Northwest Orthopaedic Surgeons.

Long dedicated to volunteer service for the Boy Scouts of America, American Red Cross and other organizations, Brentari continues her active life more enjoyably as she is able to walk easier, go up and down stairs, hike and garden without the pain she had been experiencing.

"I feel terrific. I also have a lot more confidence because I'm not anticipating pain," she said. "I have much more energy and a different outlook on life now. I feel like I can accomplish anything. The first three weeks were challenging, however I knew I was on the road to having a pain-free knee and complete mobility."

"Basically, the rotating-platform knee minimizes the wear of the plastic spacer in a total knee, allowing it to last longer in biomechanical studies," said Dr. Oates. "These findings have not been proven in patients yet, but we need another 15 or more years until that can be shown."

The age of the patient is a key factor in choosing a rotating-platform system, according to Dr. Oates. "Because of the biomechanical data, we use the rotating platform in younger, more active patients in the hope that they will not have to have a revision total knee as early as they would have with a fixed-bearing design. Mary Jo got the rotating platform because she is a young patient to be getting a total knee."

The Sigma® Rotating Platform Knee System is designed to meet high-performing patients' active lifestyles by providing them with rotational freedom and conformity without constraint. This system was developed by DePuy Orthopaedics Inc.

"I really enjoy the opportunity to do total joints at Island Hospital," said Dr. Oates. "The level of expertise of the OR staff, the nurses, and the physical therapists is excellent, and I know my patients will receive the highest level of care available anywhere."

Brentari also is very pleased with her care at Island Hospital.

"I was treated phenomenally well," she said. "I cannot say enough great things about my experience. From the time I walked in the door to when I was discharged I felt that Dr. Oates and the hospital did everything possible – above and beyond – to help me get well. I could not be happier about how I was treated. I



Orthopedic Surgeon Kenneth Oates with patient Mary Jo Brentari, who is now able to take hikes pain free as a result of receiving an innovative rotating-platform knee replacement.

was Island Hospital's top priority. The staff was very concerned about me and did their job so I would have the most successful surgery and the most successful recovery."

"I couldn't be happier with the results of this advanced surgical procedure," said IH Chief Executive Officer Vince Oliver. "Our nurses strive to make every patient, every doctor and every visitor feel at home and receive the best-possible care and outcomes. I am beyond proud of our exceptional Surgery Department and honored by the incredibly skilled surgeons that choose to operate here."



## 8th Annual Gala of Hope Puts on the Ritz

Taking its inspiration from Irving Berlin's popular 1929 classic, Island Hospital Foundation's annual *Gala of Hope* evoked the opulent spirit of the legendary Hotel Ritz for one special evening and raised more than \$189,000 to support quality healthcare in this community.

Guests dressed in black tie or Ritz-era finery gathered at the Port of Anacortes Event Center, which was transformed with signature black-and-white decor and the sparkle of crystal. The evening featured fine food and live music, ballroom-dance exhibitions, drinks and dancing at the Ritz Bar & Lounge, a rustic haven for Scotch aficionados and the always-exciting Gala live auction.

The popular community event drew an array of support including Signature Gala sponsors Jan and Jerry Barto; Gold sponsor was Trident Seafood; Silver sponsors were Dakota Creek Industries, Wayfarer-Gemini Inc. and RNB Mortgage Company. Bronze sponsors were Group Health, Lydig Construction and Northwest Orthopaedic Surgeons.

Returning to the Gala this year was the popular Diamond Raffle, with a stunning pair of certified sparklers generously donated by Burton Jewelers. This year's winner, Suzanne Staum, an Island Hospital employee, had the choice to keep the diamonds or opt for a \$4,000 shopping spree at Burton's Anacortes store.

With paddles ready, guests anticipated the evening's main event – a live auction that included selections ranging from a seven-day Italian holiday, private dressage lessons and a sea kayak adventure, to an Olympic fly fishing trip, a Maui condo getaway and a year of fresh-baked desserts. Bidding was spirited for this extraordinary array of trips, treats, tours and treasures.

Also making a repeat appearance at the event were Gala medalions, available for purchase at the event and by those unable to attend the auction for a chance to take home a sought-after auction item. The lucky Medallion winner Soni Tobey, an Island Hospital employee, chose the Makena Golf Resort vacation in Maui.

The Gala of Hope is Island Hospital Foundation's premier event. Since 2004, it has raised more than \$1.85 million to fund programs, new equipment and state-of-the-art technologies that help improve



*Signature Sponsors for the 2012 Gala of Hope were Jan and Jerry Barto, who welcomed a lively group for the spectacular evening (from left) Christopher Collins, Jenna Collins, Stephen Rabago, Rochelle Barto-Rabago, Jan Barto, Jerry Barto, April Jones, Adam Jones, Jillian Rabago and Jared Rabago.*

patient care at Island Hospital, according to Foundation Development Coordinator Bernadette Molnar. "Proceeds from the Gala provide support for programs such as Medical Relief Grants for patients in need, the Mental Health Intervention Program and the Island Health Resource Center," explained Molnar. "Without funds contributed by Gala patrons, the hospital would likely be unable to continue these initiatives."

This year's Gala was co-chaired by IHF Board Members Colleen Craig and Immediate Past President Dianne Kuhn. Both applauded the hard work and dedication of committee members and volunteers. "Each year these committed volunteers give generously of their time, effort and talent to create this highly anticipated event," they said. "We are grateful to local businesses, individuals and volunteers who demonstrate a commitment to the highest quality healthcare at Island Hospital by supporting our annual Gala of Hope."

## Heartstrings touches cancer patients' lives

Always a highlight of the annual Gala of Hope is *Heartstrings*, a special opportunity for guests to focus their giving to fund technologies, equipment and services that improve care and quality of life for Island Hospital patients.

This year, Gala guests raised their paddles for the sum of nearly \$62,000, which will help establish a dedicated Oncology Pharmacy in the Merle Cancer Care Center. This new service will mean less wait time for patients undergoing chemotherapy. These patients typically wait an hour or more for infusion to begin because the current pharmacy produces medications prescribed throughout the hospital.

As patient Roger Curtis described in his moving speech at the event, time takes on new meaning for those diagnosed with cancer. The less time patients wait in the treatment center the more time they can spend living their lives. Heartstrings support of the new Oncology Pharmacy reflects the ongoing support for Island Hospital patients by a generous community.

The Oncology Pharmacy is currently under construction and is expected to be completed by mid-summer. A pharmacist specializing in oncology will be available at the new facility to answer patient questions and address issues pertaining to cancer and chemotherapy treatment.

# ISLAND HOSPITAL FOUNDATION

## IHF grant supports women's heart health

Thanks to a grant of more than \$15,000 from the Island Hospital Foundation, more women diagnosed with heart ailments will be able to participate in the IH Cardiopulmonary Rehabilitation program. Members of the community who attended the 2011 *Festival of Trees*, sponsored by the Foundation, gave generously to establish the grant and support heart health in women.

Cardiopulmonary Rehab programs, which can include up to 36 sessions, have been shown to reduce the likelihood that patients will have repeat heart attacks or other serious cardiac problems. However, because many insurance providers have classified rehab programs as *specialties*, patient co-payments to attend the often life-saving sessions have been steadily increasing.

"Higher insurance co-pays means that many patients on fixed incomes can't afford to continue – or even to begin – a rehab program that could benefit them," said Bruce Cox, Director of Cardiopulmonary Rehab. "Unfortunately these high co-pay requirements are a nationwide trend, but at Island Hospital we're developing options locally to help patients participate in rehab programs that could help them stay healthier, longer."

The newly established grant program seeks to identify patients who may be unable to afford the Cardiopulmonary Rehab program and to help them participate by offsetting the high cost of insurance co-pays. For more information on the Women's Cardiopulmonary Rehabilitation Grant program, call (360) 588-2074.



*Utilizing the IHF grant for Cardiopulmonary Rehab is patient Janet Haugen (center), here with program Supervisor/Exercise Specialist Molly Johnson (left) and Jan Priggee, Cardiac Rehab RN.*



*The Island Hospital Golf Classic returns to the plush and well-maintained Skagit Golf & Country Club.*

## Take to the Green

Mark your calendars for Monday, August 6 and join friends and colleagues for the 11<sup>th</sup> Annual Island Hospital Golf Classic. This popular event sells out fast and is limited to just 144 players, so register today!

Again this year, the beautifully maintained Skagit Golf & Country Club will host the Classic, which features a full day of golf, curbside bag drops, range balls, golf carts, a satisfying barbecue lunch and on-course

beverages. After golf, there's a hosted cocktail hour, awards dinner and a tournament gift for each participant. Registration is at 10:30 a.m., with a shotgun start at noon.

Proceeds of the Golf Classic are applied to the purchase of new equipment and technologies and to fund charity care at Island Hospital. For more information about registration, costs and sponsorships, call Vince Oliver at (360) 299-1327.

## Remembering

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

### *In Memory of:*

**Glenda Norton**  
**Chris Whatley**  
**Craig Alan Kirby**

### *In Honor of:*

**Marcus & Frances Brown**  
**Ava Grale Borntrager**  
**Roger Curtis**  
**Dr. Nancy Llewellyn**  
**Katie & Rita Batz**  
**Linda Hahn RN**  
**Eddie Maryott**  
**Cynthia J. Clarke**  
**S.C.C.A.**

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

1211 24th Street  
Anacortes, WA 98221  
Info: (360) 299-4201

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

Please give blood at Island Hospital

**Monday & Tuesday,**  
**July 2 & 3**  
**Wednesday & Thursday,**  
**Sept. 5 & 6**  
**10 a.m. - 4 p.m.**

**Island Health Resource Center  
Conference Rooms**

Appointments preferred, but not required.  
Call 299-1309 for an appointment or info.



# Elaine Armantrout PT, DSc, ECS brings NCS/EMG testing that helps diagnose carpal tunnel, spine conditions



Physicians refer patients for NCS/EMG tests to check for conditions causing numbness and tingling or muscle weakness that may or may not be associated with pain. The most common conditions sent for NCS/EMG testing are carpal tunnel syndrome, spinal nerve involvement from disk herniation, and peripheral neuropathy (commonly seen in persons with diabetes).

An NCS/EMG test comprises two studies performed during one visit. Together the studies help to reveal the function of the peripheral nerves (nerves from the spinal cord that travel down the arms and the legs) and muscle function. The purpose is to identify whether or not there is nerve damage, if so where, how bad and how long will it take to recover.

An NCS, or nerve conduction study, measures the rate at which impulses travel along a nerve. An electrical stimulus is applied over the skin and causes the nerve to send its signal, which is measured and analyzed on a computer screen.

An EMG, or needle electromyography, is a test designed to determine how well the muscles in the different parts of the body are functioning. Sterile, single-use, fine-wire electrodes are placed into the muscles in the arms, legs, or back to record the signals from the muscle responses both at rest and with activity.

An NCS/EMG test takes about an hour to complete, but can sometimes take longer depending on the condition. The test is mildly uncomfortable because of the electrical stimulation and the pinprick.

Because it is a diagnostic test, a doctor's referral is required. All major medical insurance plans including Medicare cover diagnostic NCS/EMG tests.

## Test requires advanced training

Elaine Armantrout PT, DSc, ECS, specializes in nerve conduction studies and needle electromyography (NCS/EMG) evaluations at Physical, Occupational and Speech Therapy at Island Hospital.

One of the first women in the U.S. to achieve board certification in Clinical Electrophysiologic Physical Therapy from the American Board of Physical Therapy Specialties (ABPTS), Armantrout has seen more than 20,000 patients for NCS/EMG studies over the span of her 28-year career. She holds a needle electromyography endorsement on her physical-therapy license, a requirement to perform these tests in Washington State.

Armantrout earned her BS and physical-therapy certification from the University of Iowa. In March 2007 she earned her Doctorate degree in physical therapy from Rocky Mountain University of Health Professions, Provo, UT.

Armantrout is the President of the Physical Therapy Association of Washington, a chapter of the American Physical Therapy Association. She was named the Physical Therapist of the Year in 2005. As Specialty Council Chair for the ABPTS, she was responsible for board-certification-candidate applicant review, examination development, item writing and standards setting. She is a nationally recognized speaker in the area of NCS/EMG testing.

## IH Auxiliary hosts regional spring conference

More than 50 hospital-auxiliary members from throughout northwest Washington gathered at Island Hospital on April 24 for their annual spring conference. It was a time to reconnect with old friends, make new ones and join in sharing the experiences and accomplishments that make auxiliary membership so rewarding.

The meeting was kicked off by a welcome from hospital CEO Vince Oliver and a guided tour of the newly opened Medical Arts Pavilion. Auxiliary members also were treated to a stirring presentation by Kathleen Horr RN, who in addition to being an IH Emergency Department nurse, is a flight-crew member of Airlift Northwest. This air emergency-response network is based in Seattle and provides transportation from emergency sites to receiving medical centers including Island Hospital. Medical professionals such as Horr provide critical patient care that saves lives and promotes recovery.

As hosts of the conference, Island Hospital Auxiliary members expanded on this region's Tulip Festival and bunches of



*Auxiliary Ann Giboney addresses spring conference at Island Hospital.*

the spring favorite not only brightened luncheon tables and gift bags, but also highlighted a check-in raffle. The top prize of Roozengaarde tulip bulbs will be sent to winners for planting next spring.

## Easter-Basket Sale

A perennial favorite, the IH Auxiliary Easter Basket sale again drew enthusiastic buyers from throughout the hospital and sold out quickly. The group also auctioned

off a beautiful tablecloth hand-embroidered by member Violet Critchley, which raised \$300. Proceeds from this and other Auxiliary fund raising efforts will help ensure that each IH patient room has a white messaging board to help nurses, patients and families.

Interested in joining the Auxiliary? The group gathers for a luncheon meeting on the first Monday of each month except July and August. New members are always welcome. For more information, call Island Hospital Foundation at (360) 299-4201.

# Physical therapy solutions for TMD pain



by Warren Womack DPT, OCS

**M**any people suffer from head, neck, and jaw and orofacial pain during their lifetime. But did you know that temporomandibular disorders (TMD) can play a role in these conditions and often limit function in chewing, talking, opening your mouth and yawning?

TMD has been reported in 4 to 12% of the general population, but it is typically under treated with only 1.4 to 7% of those with symptoms seeking medical help to relieve pain and reclaim function. Symptoms of the disorder peak between the ages of 20 and 40 years, and women are twice as likely to suffer from TMD as men.

Common symptoms of TMD include jaw and facial pain/tension, jaw cracking/popping, neck tension, ear pain, headaches, toothaches, difficulty in head turning and limited tolerance of seated activities, such as working at a computer or reading. The most common form of TMD is myofascial pain – discomfort in the muscles that control jaw function and neck and shoulder muscles. A second category is temporomandibular joint pain (TMJ), referring to a dislocated jaw, displaced disc, or jaw-joint osteoarthritis. A third category is a combination of myofascial pain and TMJ pain.

TMD treatment is often provided by dentists or orthodontists, but physical therapy care – in addition to dental treatment – may effectively offer relief for patients. An experienced physical therapist can perform a comprehensive evaluation of your temporomandibular joint, neck, thoracic spine and shoulder girdle to determine structures contributing to your TMD. Physical therapy also may include manual therapy, postural re-education, patient education for self-care activities, corrective exercises and other treatments including cold/hot packs, electrical stimulation, ultrasound and more.

If you experience TMD symptoms, you should seek guidance from a dentist or physician to determine if your condition can be corrected with dental work or a dental appliance. But if you also experience chronic neck and shoulder pain and headaches, ask if you would benefit from physical therapy as part of a TMD care and treatment program.

*If you have questions or would like to seek conservative (noninvasive) care, Island Hospital Physical Therapist Warren Womack DPT, OCS, has experience in managing TMD conditions, in addition to general orthopedic expertise. Physical, Occupational & Speech Therapy is located in the Medical Arts Pavilion at Island Hospital. For appointments or information, call (360) 299-1328.*

## Project Lifesaver protects those at risk for wandering

**T**he Lifesaver detection system is available to caregivers who care for someone at risk of wandering away from home. A bracelet is worn by the person at risk. With the help of the Anacortes Police Department, the wandering person can be

located within approximately 20 minutes of notification. This program has a 100% success rate finding those who have wandered off.

“This service is a wonderful, peace-of-mind program for anyone caring for someone with dementia or a related disease, such as autism, Down’s syndrome or bipolar disease,” said Ann Giboney, who started and coordinates the program in Anacortes.

For information call Ann Giboney at (360) 299-9569.

### Now Available!

### Island Hospital Loyalty Card

Everyone who uses Island Hospital services is eligible to obtain an Island Hospital Loyalty Card. This card will entitle the bearer currently to the following benefits:

- Registration efficiencies with bar-coded patient identifier
- Enhanced identity protection
- Discounts on purchases in Island Hospital’s ‘Gifts & More’ and at ‘Island Espresso’

### Obtain your free Island Hospital Loyalty Card today!

*For more information, or to obtain your own card, please call 360-299-1300 or ask any Island Hospital Patient Access Representative for assistance.*



HEARTBEATS 2012

SPRING/SUMMER



## 2012 Relay For Life of Anacortes “The Magic of Relay”

**3 p.m., Saturday, June 23  
to 9 a.m. Sunday, June 24**

**Anacortes High School  
War Memorial Stadium**

Event Chair: Chris Zimmerman.  
(360) 293-1650

[Chris.I.zimmerman@tsocorp.com](mailto:Chris.I.zimmerman@tsocorp.com)

American Cancer Society Staff

Partner: Anna Whitson.

(425) 218-1056

[Anna.Whitson@cancer.org](mailto:Anna.Whitson@cancer.org)

**For info visit**

**[www.RelayForLife.org/AnacortesWA](http://www.RelayForLife.org/AnacortesWA)**



# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

**Registration:** To register for any class, please fill out the printed registration form and mail with a check or money order to Island Hospital - Community Education, 1211 24th St., Anacortes, WA 98221. You can also register online at [www.islandhospital.org/register](http://www.islandhospital.org/register). Prepayment is required! For more information, please call (360) 299-1309.

**Locations:** The Fidalgo and Burrows Conference Rooms are in the lower east level of the hospital near the helipad (these were formerly known as Conference Rooms 1, 2 & 3).

*Please note that some classes cannot be held without a minimum number of participants.*

*Prior to the class you will be contacted with a confirmation or cancellation notice regarding the class.*

## Advanced Healthcare Directives

### Living Wills & Durable Power of Attorney for Healthcare

Do you have someone to make medical decisions for you if you are not able? Do you have a living will? Join us to learn about completing these important documents so your personal preferences about your medical care will be known.

When: Monday, June 18, 10 – 11 a.m.

Where: Fidalgo Room

Cost: FREE

Registration: Leave a message at 299-4204

## Birth and Beyond

### Choices in Childbirth

This six-week series covers prenatal nutrition, stages of labor, relaxation, breathing and other coping techniques. We will also discuss possible complications, variations and interventions that can sometimes occur, including choices to help you experience the best outcome for you and your baby. Breastfeeding and basic newborn care also will be covered.

When: Thursdays, 6 – 8:30 p.m.

July 5 – Aug. 9

Sept. 6 – Oct. 11

Nov. 1 – Dec. 13 (No Nov. 22)

Where: Fidalgo/Burrows Rooms

Cost: \$95 for six-week session or free with DSHS coverage (Optional - \$15 for Simkin et al, *Pregnancy, Childbirth and the Newborn*, latest edition)

Registration: 299-1309

### Weekend Childbirth Classes

This two-day childbirth seminar is for those unable to attend the six-week session. Information on labor and birth, comfort and coping techniques, caring for a newborn, breastfeeding and post-partum health will be covered. Class must meet minimum registration requirements to be held.

When: Sat. & Sun., June 16 & 17, 10 a.m. – 6 p.m.

Sat. & Sun., Aug. 18 & 19, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$130 or free with DSHS coverage (Optional - \$15 for Simkin et al, *Pregnancy, Childbirth and the Newborn*, latest edition)

Registration: 299-1309

### 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.

Effie-Jo Lindstrom BA, BSN, IBCLC has been a lactation consultant for over 20 years.

When: Monday, June 11, 5 – 6:30 p.m.

Monday, Aug. 6, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$10 or fee waived for those with

DSHS coverage

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

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

### Car & Booster Seat Clinic



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

When: Thursday, June 14, 3 – 5 p.m.

Thursday, Aug. 9, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

### Cloth Diapering 101



Curious about modern cloth diapering? Learn about reasons to choose cloth diapers and how to use and care for them. Various diaper styles will be shown with a discus-

sion of the pros and cons of each. Cloth diapering has come a long way and there are many options to choose from these days!

Michelle Bottorff is the owner of Green Diaper Demos and loves to share her passion for cloth diapering.

When: Wednesday, June 13, 4 – 5 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Michelle Bottorff

Registration: Leave a message at 299-4204

### NEW Fit 4 Baby

This 8-week program is designed to strengthen the body for all of the changes it will experience during pregnancy. These classes include cardio, strength, flexibility and balance training both indoor and out. Suitable for all stages of pregnancy and fitness levels. Doctor approval required prior to first class. Please wear comfortable clothing and bring a water bottle and a towel or mat.

Natalie Gustafson is a Certified Pre and Post Natal Fitness Instructor and owner of Stroller Strides and Fit 4 Baby of Skagit and Whatcom counties.

When: Mondays, Aug. 13 – Oct. 8 (no Sept. 3)

Where: Fidalgo/Burrows Rooms

Cost: \$79

Instructor: Natalie Gustafson MS, LMFT

Registration: Leave a message at 299-4204

## Cancer Care Resources

### Look Good...Feel Better

This class is a free, national service that teaches techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Each two-hour session is comprised of hands-on demonstrations of the 12-step skin care and make-up program, proper care for nails and instruction on options related to hair loss, including use of wigs, scarves and other accessories. Each participant receives a free kit of cosmetics donated by the cosmetic industry. A minimum of 3 participants is necessary to hold the class.

This program is sponsored by the American Cancer Society along with the Personal Care Products Council and National Cosmetology Association.

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

When: 3rd Monday of each month, 1 – 3 p.m.

Where: Merle Cancer Care Center

Conference Room

Cost: FREE

Registration: 299-4200

## *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 safely increase your endurance by strengthening your heart and provide you with the necessary education you need to make lifestyle changes for better cardiac health. Call Jan Priggee RN at 588-2074 for more information.

### *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. Call Pat Meyer RRT at 299-4242 for more information.

### *Smoking Cessation*

Ready to take control of your well-being? Utilizing one-on-one sessions, a Respiratory Therapist will help you find the key to a better, healthier life without the use of tobacco. Call Pat Meyer RRT at 299-4242 for more information.

## *Diabetes Education*

### *Diabetes Self-Management Education Program*

Island Hospital offers an outpatient diabetes education program accredited by the American Association of Diabetes Educators (AADE). Education includes diabetes self-management skills such as healthy eating, being active, monitoring, taking medications, problem solving, healthy coping and reducing risks of complications. Physician referral is required. For more information, please call 588-2083.

## *Driver's Safety*

### *AARP Driver's Safety Program*

During this two-session class intended for those 55 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: Thursday, Aug. 23 & Friday, Aug. 24,  
9 a.m. – 1 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$12 AARP members, \$14 non-members

Instructor: Jack Porter

Registration: 299-1309

## *Health Insurance & Social Security*

### *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 11, 1 – 2:30 p.m.

Monday, July 23, 1 – 2:30 p.m.

Monday, Aug. 27, 1 – 2:30 p.m.

Monday, Sept. 24, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA Volunteer

Registration: Leave a message at 299-4204

### *NEW Social Security 101*

Learn about retirement benefits, eligibility and how to get the most from your benefits. Also included will be information on early retirement's effects on your benefits, survivor benefits, Medicare, disability, spouse benefits and what the future holds for the agency.

Kirk Larson is Western Washington's Public Affairs Specialist for the Social Security Administration.

When: Thursday, July 19, 10 – 11 a.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Kirk Larson

Registration: Leave a message at 299-4204

## *Physical Activity*

### *Keep on Dancing!*



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

Beverly Swanson has been teaching dance for over 35 years.

When: Tuesdays, May 29 – June 19,  
6:30 – 7:30 p.m.

Where: Physical, Occupational & Speech Therapy  
at Island Hospital

Cost: \$12 per class

Instructor: Beverly Swanson

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

## *Physical Therapy Programs*

### *Life & Therapy After Joint Replacement Surgery*

For those planning to have a total knee or hip replacement, join a physical and occupational therapist to get answers to your questions about returning to an independent lifestyle after surgery. Post-operative exercises and adaptive equipment will be discussed.

When: Tuesday, June 19, 12:30 – 2 p.m.

Thursday, Aug. 9, 12:30 – 2 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Island Hospital Physical &  
Occupational Therapists

Registration: Leave a message at 299-4204

### *Urinary Leakage*



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help. Come learn ways to strengthen your pelvic floor muscles to help prevent urinary leakage.

Reiko Nystrom is a Physical Therapist at



# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

Physical, Occupational & Speech Therapy at Island Hospital.

When: Monday, July 9, 10 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

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

## ***Protect Your Back***

Do you suffer from chronic back pain or discomfort, or do you want to learn how to keep your back healthy for years to come? Learn the basics of back care, including the proper way to sit, stand and carry items. Also, learn how to develop and/or maintain a strong core.

When: Wednesday, July 25, 1 - 2:30 p.m.

Where: Fidalgo Room

Cost: \$10

Instructor: Island Hospital Physical Therapist

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

## ***Osteoporosis:***

### ***Exercise and Nutrition***



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong. Come prepared to try some exercises you will be able to do at home.

Virgeen Stilwill is a Doctor of Physical Therapy at Physical, Occupational & Speech Therapy at Island Hospital and Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Thursday, July 26, 2 - 4 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Virgeen Stilwill DPT &

Beverly Swanson, Nutrition Educator

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

## ***Self-Care***

### ***Skin Care from Nature***



Would you like to gently treat your skin with soothing natural ingredients? Come to this hands-on class where you will be guided step-by-step in making natural skin cleansers

and soothing skin treatments. Learn how to make toners, skincare scrubs with dead sea

salts, clay masks and much more!

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

When: Tuesday, June 5, 6 - 7:30 p.m.

Where: Fidalgo Room

Cost: \$30, includes supplies

Instructor: Michelle Mahler

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

### ***Eating Around Allergens***

This class will demystify the top seven food allergies and food intolerances and introduce you to a world of delicious non-allergenic foods. Ideal for those who have recently been diagnosed with food allergies, suspect they may have allergies or intolerances or have been living with food allergies and are ready for some fun, new food ideas and strategies. Recipes will be included.

Sharon Swan is a Holistic Health Coach and a certified Nutrition Counselor.

When: Tuesday, June 12, 6:30 - 8 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Sharon Swan

Registration: Leave a message at 299-4204

### ***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 breath awareness, mindfulness

techniques and guided exercises.

Jan Hodgman, MA spent eight years in a Japanese Zen monastery and has more than 40 years of experience with meditation.

When: Mondays, July 9 - 23, 6:30 - 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

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

### ***Essential Oils for Wellness***

Introductory class about essential oils, including their uses and how to store and blend them. Learn how the oils are applied, how they are used for alternative therapy and their historical uses. Create your own blend to take home.

See "Skin Care from Nature" for instructor's information.

When: Tuesday, July 10, 6 - 7:30 p.m.

Where: Fidalgo Room

Cost: \$20, includes supplies

Instructor: Michelle Mahler

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

### ***Basic Nutrition***



Knowing the basics of good nutrition can help us get the nourishment we need. In this class, you will learn how vitamins and minerals help our bodies function, why we need soluble and insoluble fiber, how our bodies process fat, the importance of hydration and more!

Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Wednesday, July 18, 7 - 8:30 p.m.

Where: Fidalgo Room

Cost: \$15

Instructor: Beverly Swanson

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

### ***Mind & Body Healing***



Learn how neurofeedback can retrain the nerve pathways in the brain to help reduce chronic anxiety, mood swings, stress and more. This presentation is informational only as

neurofeedback training is done in an office setting. Demonstrations of relaxation methods you can practice on your own will be included.

When: Wednesday, July 25, 6 - 8 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

Registration: Leave a message at 299-4204

### ***Eating for Energy***

What would your life be like with an abundance of energy and vitality? Learn which foods are best at increasing your energy and which can do the opposite. Subtle food and lifestyle adjustments can change your life! See "Eating Around Allergens" for instructor's information.

When: Tuesday, Sept. 11, 3:30 - 5 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Sharon Swan

Registration: Leave a message at 299-4204

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## Improving Your Aging Memory



Is your memory not quite how it used to be? Join Island Hospital's Speech-Language Pathologist, Alisha Kleindel, to learn strategies and activities to improve your memory

and keep your mind sharp.

When: Wednesday, Sept. 26, 9 – 10:30 a.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Alisha Kleindel MS, CCC-SLP

Registration: Leave a message at 299-4204

## Weight Management

### Weight Watchers™

Ready to look and feel your very best? Find the boost you need by attending Weight Watchers™ meetings every week!

When: Thursdays, 5 p.m. (weigh-in 4:30 p.m.)

Where: Island Hospital Cypress Room

Cost: \$39.99/month (includes use of online eTools)

Contact: Renee McKinnon, 360-333-2864,  
rjmck1070@gmail.com

### Overweight?

Over time, weight seems to just creep onto us, yet it does so at a cost to our health, mobility and agility. Meet with our registered dietitian, Suzie DuPuis, for an individual dietary session. Please call 299-1300, ext. 2567 for more information. Insurance may cover cost.

## Other Resources

### HIV/AIDS Training for Licensure

Island Hospital offers a video based 4- or 7-hour HIV/AIDS Training. Free for residents of Skagit, Island and San Juan counties. Please call 299-1309 for schedule.

### Island Prenatal Care Center

Provides Maternity Support Services to low-income families, bringing the knowledge and skills of a nurse practitioner, registered nurse, social worker, infant case manager and dietician to meet the unique needs of each mother and baby. Education about pregnancy, childbirth, diet, exercise, baby care and infant feeding is included. Assistance with accessing community services is also offered. IPCC is located at 2601 M Ave., Suite C, Anacortes. Call 293-6973 for more information.

## Registration Form

### General Information

#### Payment:

Checks only, made payable to Island Hospital. One check per class, please.

#### Cancelled Classes:

If a class does not meet minimum registration, it will be cancelled. You will be notified and your check returned.

#### Refunds:

A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class. No refunds will be given after that point.

For more information: Please call (360) 299-1309.

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

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

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

### Lifeline

Island Hospital Lifeline is an easy-to-use personal response system that allows older adults living at home to get quick assistance whenever it is needed. Participants press their waterproof Personal Help Button whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached by calling 293-7563 or emailing [wwalker@islandhospital.org](mailto:wwalker@islandhospital.org).

### SHIBA HelpLine

Need free help understanding Medicare or finding affordable health insurance? All of this and more is available at Island Hospital's SHIBA HelpLine. Volunteers trained by the Office of the Insurance Commissioner are available to give free, unbiased information. SHIBA helps people of all ages with choices and problems involving: Medicare, COBRA, Long Term Care Insurance, private and non-profit health insurance, children's health insurance and "extra help" programs. Please call the SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine at 299-4212 for an appointment.

### Anacortes Teen Clinic

We offer family planning services for teens, women and men on Wednesday and

Thursdays from 2 – 5 p.m. We are located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

### National Alliance on Mental Illness – Courses

NAMI of Skagit County, an affiliate of the National Alliance on Mental Illness, offers a variety of free programs specifically designed for people diagnosed with a mental illness as well as their family and friends. Programs include *Family to Family* – a course for family members with mentally ill loved ones; *Peer to Peer* – a course on recovery for any person with serious mental illness; *NAMI Basics* – a course for caregivers of children and teens who have been diagnosed with a mental illness; and *Next Generation* – a course offered in local schools to educate children about mental illness. Please contact Trish Rodriguez at 540-0795 or [mermama@gmail.com](mailto:mermama@gmail.com) for further information.

## Support Groups

The following meet at Island Hospital (1211 24th Street).

### Headaches

2nd Wednesday, odd months, 7 – 8 p.m.  
Fidalgo Room

Contact: Amber, 360-873-8823



# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## *Parkinson's*

3rd Thursday, 1 – 2:30 p.m.  
Fidalgo/Burrows Rooms  
Contact: Jerry, 293-2185

## *Prostate Cancer*

3rd Wednesday, 11 a.m. – 12:30 p.m.  
Fidalgo Room  
Contact: Carl, 299-3892

## *Restless Leg Syndrome*

Call for dates and times  
Fidalgo/Burrows Rooms  
Contact: Charlotte, 293-7328

## *Other Anacortes Support Groups*

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### *Alzheimer's*

2nd & 3rd Monday, 1 p.m.  
Westminster Presbyterian Church, 1300 9th  
St. Anacortes  
Contact: Ann, 299-9569

### *Grief*

3rd Tuesday, 10 – 11:30 a.m.  
Anacortes Senior Activity Center, 1701  
22nd St. Anacortes  
Contact: 360-814-5550

### *Hearing Loss of Skagit County*

2nd Tuesday, 1 p.m.  
Anacortes Senior Activity Center, 1701  
22nd St. Anacortes  
Contact: Jerry or Joanna, 299-3848

## *Skagit County Support Groups*

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### *Loss of a Child*

1st Monday, 5:30 – 7 p.m.  
Hospice of the Northwest, 819 S. 13th St.  
Mount Vernon  
Contact: 360-814-5589 (Pre-registration  
required)

### *Sjögren's Syndrome*

Quarterly on Saturdays  
Skagit Valley Hospital, Mount Vernon  
Contact: Linda, 360-676-1926

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

# HEALTH SCREENINGS

*Sponsored by Island Hospital Foundation*

## *Ongoing Blood Pressure Checks*

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

## *Pulmonary Function Screening*

If you get short of breath while getting dressed, climbing stairs or walking with a friend, or if you have smoked for 10 years or more, this screening can help determine your lung function. You and your doctor can then decide on a treatment plan to improve the quality of your life. Appointments are required!

When: Tuesday, June 5, 8 a.m. - noon  
Where: Cardiopulmonary Rehabilitation  
Education Room  
Cost: FREE  
Appointments: Leave a message at 299-1367

## *Sleep Apnea Screening*

Do you feel tired during the day? Have you been told you snore? Meet with a Registered Polysomnographic Technologist to determine your risk of suffering from sleep apnea, a condition characterized by pauses in breathing or shallow breathing while sleeping, which can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes, as well as the risk of accidents while drowsy. Appointments are required!

When: Friday, June 22, 10 a.m. - noon  
Where: Island Hospital Sleep Wellness Center, 1110 22nd St.  
Cost: FREE  
Appointments: Leave a message at 299-1367

## *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. First come, first served.**

When: Tuesday, July 10, 8 – 11 a.m.  
Where: Island Health Resource Center  
Cost: \$10  
Questions: 299-1309

## *Memory Awareness Screening*

Are you or a loved one becoming more forgetful or maybe have started to misplace things more often? Have you become lost in a familiar place or noticed a change in mood, behavior or personality? If so, this screening can be a first step in helping determine if you might suffer from memory loss. 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 17, 9 – 11 a.m.  
Tuesday, Sept. 18, 9 – 11 a.m.  
Where: Island Health Resource Center  
Cost: FREE  
Appointments: Leave a message at 299-1367

## *Balance Screening*

Our physical therapists can help you determine where your body is vulnerable and help you to develop strategies to prevent falls. Appointments are required!

When: Tuesday, Aug. 7, 10 a.m. - noon  
Where: Physical, Occupational & Speech  
Therapy at Island Hospital  
Cost: FREE  
Appointments: Leave message at 299-1367

## *Bone Density Screening*

This non-intrusive test provides an estimate of your bone density by scanning your heel. If you already have a diagnosis of osteoporosis confirmed by a more complex imaging test, this is not the screening for you. This screening is accurate for women only. Appointments are required!

When: Tuesday, Sept. 11, 9 – 11 a.m.  
Where: Island Health Resource Center  
Cost: \$5  
Appointments: Leave a message at 299-1367

*Celebrating the 40th anniversary of the  
Catherine Washburn Medical Association!*

## **Health & Safety Fair**

Sponsored by Lopez Island Medical Clinic

**Saturday August 25 • 1 p.m. to 5 p.m.**

**Lopez Island Community Center**

**Screenings! Demonstrations! Door Prizes! Fun Activities!**

Blood-pressure checks • Hearing tests • Eye exams

Physical therapy presentations

Ultrasound demonstrations • Breast exams

*The Lopez Fire Department and EMTs will be on hand  
demonstrating CPR, car & bike safety, fire extinguisher  
pressurization, fire-truck & ambulance tours*

Others participating include Island Hospital,  
Lopez Pharmacy, Lopez Senior Services, Hospice,  
San Juan County Health Department.

*The Catherine Washburn Memorial Association (CWMA) owns the Lopez  
Island Medical Clinic (LIMC) building and land. CWMA is a community-  
funded foundation that supports LIMC with funding and volunteer activities.*

*continued from Page 10*

### **Living Will or Healthcare Directive?**

This document tells your doctor what you do or do not want if you are diagnosed with a terminal condition or are permanently unconscious. Your doctor will be required to inform you if any specific treatment is recommended and must honor your decisions as set forth in your living will. Because some healthcare providers may have policies against carrying out your wishes, you should ensure that your directive will be honored or seek other providers.

### **Durable Power of Attorney for Healthcare**

This directive identifies who you want to make healthcare decisions for you if you are unable to make your own because of illness or permanent loss of mental capacity that limits your ability to understand the risks and benefits of treatment options. You may designate your Durable Power of Attorney to become effective only when you are incapacitated or anytime after the document is signed.

*Need advice on how to begin the procedure  
of assembling your Advanced Directives?*

*Aubre Adams, Health Resources Coordinator  
at Island Hospital, can provide resources that  
will help you understand your options and  
make decisions. Her office is adjacent to the  
Island Health Resource Center, 1211 24<sup>th</sup> St.,  
Anacortes. Contact her at (360) 293-1342 or  
sadams@islandhospital.org.*

# **PREPARE**

**for summer exposure!**

Now is the time for laser  
hair removal treatments.  
Safely remove unwanted  
hair... *for good!*

**SPECIAL  
UNTIL JUNE 1ST!**

*30% off laser services for  
full legs or full back!*

Call now for your  
**FREE** consultation  
with our licensed R.N.

**360.293.3101**



FIDALGO MEDICAL ASSOCIATES • 360-293-3101 • 1213 24<sup>TH</sup> ST., #100, ANACORTES

## **Healthcare directives: next steps**

After you have considered your options, made decisions and signed your Advanced Healthcare Directives, you will want to make them available to those who will provide your care and make decisions on your behalf if you are unable to communicate your wishes:

- Keep the original version of your Directives in a safe place.
- Give a copy of your completed Directives to your personal physician, your hospital, your designated decision-maker, family members and/or a friend to ensure it will be available if needed.
- Ask your physician to place a copy of your Directives in your medical records so those who may be involved in your care will know of it.
- Carry a copy of your Directives with you whenever possible, especially when you travel.



Island Hospital  
Foundation  
1211 24th Street  
Anacortes, WA 98221

Non-Profit Org.  
US Postage Paid  
Permit No. 106  
BLAINE, WA

ECRWSS  
Resident

**8 am to 8 pm MONDAY-SATURDAY**  
**When You Need High-Quality  
Medical Care  
NOW!**

*Regular care provider not available? New to the area? Visiting?*

When you can't wait to receive non-emergency medical care, **THE WALK-IN CLINIC** at Island Hospital is now open from 8 am to 8 pm, Monday through Saturday.

Our licensed, compassionate healthcare providers care for common health concerns, immediately!

**No appointment, no phone call, no long waits!**

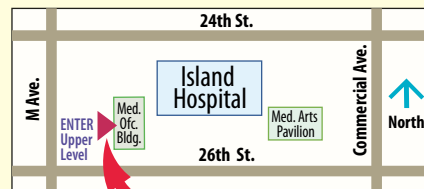
*We accept TriCare and most insurance plans.*



**THE  
WALK-IN CLINIC**  
AT ISLAND HOSPITAL

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

**Info: 299-4211**



2511 M Avenue, Suite B, Anacortes  
**Located in Anacortes Family Medicine**