



ISLAND HOSPITAL

Winter  
2012

# Heartbeats

*Magazine*

**Medical Arts  
Pavilion opens**  
**p. 4**



**Island collaborates with Skagit Valley,  
Cascade Valley hospitals p. 2**

## Commissioner Message

### Collaboration

by **Paul M. Maughan PhD, President**  
Island Hospital Board of Commissioners

Island Hospital's five elected Commissioners are ever mindful of the pressing need to maintain profitability while providing the highest quality medical services that meet our community's needs.

Unfortunately, the current national and state response to the high cost of essentially all facets of healthcare, especially uncompensated care, has been decreased revenue opportunities. Rural hospitals are facing a bleak future as larger urban hospital systems combine, expand and look for new patients.

What we've observed is a community-wide desire to maintain Island Hospital's unique autonomy. The question is how to maintain our autonomy while providing needed services with decreasing revenue and increased market pressures.

One of several ways to address this important issue is to access capabilities, services and cost savings that are available through a formal collaboration with our neighboring hospitals. As you can see in the adjoining articles IH has already taken the first step by agreeing to collaborate with Skagit Valley and Cascade Valley hospitals.

There are a number of ideas that make sense while working through a collaborative effort. For example, sharing electronic information technology services with the collaborators shows significant efficiencies and cost savings. There are numerous other examples.

In this challenging time, your Commissioners are committed to carefully examining every opportunity to ensure a viable future for IH.

## Paul Maughan PhD believes in Island's optimum level of care

Paul Maughan PhD has been elected President of the Board of Commissioners for Skagit County Public Hospital District No. 2 (Island Hospital). He will preside over the five-member publicly elected Board through January 2013.

Serving on Island Hospital's Board of Commissioners since March 1997, Dr. Maughan believes Island Hospital is a unique place where patients can find experienced, dedicated doctors and staff to ensure an optimum level of care.

Dr. Maughan holds a PhD in Physical Oceanography as well as degrees in Mechanical Engineering and Meteorology, and is an internationally recognized expert in satellite imaging systems. He founded his consulting firm in 1984 and retired after 35 years in the scientific community where he was intimately involved in the application of advanced space technologies such as Geographic Information Systems (GIS) and Global Positioning Systems (GPS) and was an early contributor to what is now Google Maps. His professional career included teaching at US Naval Academy as a visiting professor plus contributing to a number of groups including the National Academies' National Research Council. Most recently he was involved in a start-up company specializing in classifying muscle disorders.

Dr. Maughan spearheaded the Anacortes Automated External Defibrillator (AED) Project that was enthusiastically received here and in neighboring communities. He is admired for his warmth and the value he places on each life as well as his commitment to improving the wellness of our community.

"Island Hospital has a terrific management team," Maughan says, "and in facing the challenges of healthcare, it's gratifying to see our hospital broadly respected for not only its focus on collaboration, quality and safety, but developing a campus that will meet our community's healthcare requirements."



**Paul Maughan  
PhD**

## Three public hospitals sign agreement to collaborate

In a move to enhance patient care, improve market stability and seek other ways to work together, officials of Cascade Valley, Island and Skagit Valley hospitals have signed an interlocal agreement to work collaboratively while preserving each hospital's independence, local identity and autonomy.

The agreements were ratified at the respective public hospital districts' November board meetings. A merger, which would combine the three organizations operationally, is not being pursued.

Healthcare organizations are facing challenging times with distressed national and state economies, lower reimbursement for services, and large systems eyeing market areas served by the three hospitals. This agreement is seen as a way to gain strength in the four counties served by the districts – Skagit, Snohomish, Island and San Juan.

Furthermore, pending healthcare reform legislation, state budget cuts, uncompensated care and an aging population are exerting pressure on already challenging hospital revenues.

"We believe that this agreement allows us to solidify and even grow our market presence while maintaining each of our unique identities," said Island Hospital Chief Executive Officer Vince Oliver. "This is truly a win-win for our hospitals and the communities served by these excellent hospitals. This collaboration presents great opportunities for enhanced services, quality initiatives and more."

The agreement is an extension of work the three hospitals are already doing together. Island and Skagit Valley hospitals recently partnered on the acquisition of Northwest Urology, and Cascade Valley and Skagit Valley hospitals are working together on the construction of Cascade Skagit

*continued on Page 10*



# As I See It...

By Vince Oliver, IH  
Chief Executive Officer



The recently opened Medical Arts Pavilion (MAP) at Island Hospital is more than a modern, state-of-the-art medical building: It represents an expansion of services in high demand in our community. Without this new facility our community would need to seek care outside Anacortes; taking with them the revenue these services generate.

When members of our community go outside to receive services they can obtain here, not only the hospital loses. Potential income can also be lost by local private medical and therapy practices as well as other businesses within Anacortes such as restaurants, gas stations, grocery stores and others that supply or provide services to physician practices.

## Merle Cancer Care Center

Our Medical Office Building-located cancer care center was obviously too small, but there were numerous other concerns with its previous location. After remodeling in place four times, the cancer center remained undersized. That building simply does not have the space and features necessary to house a comprehensive cancer center that offers the quality of care and surroundings of other facilities. The MAP offers an aesthetic and healing environment

that offers personal and professional space to receive and provide the best patient care.

## Physical, Occupational & Speech Therapy

Moving these therapy services back to our campus saves thousands of dollars each year in lease payments and travel time for therapists to trek between the inpatient and outpatient settings. The inpatient and outpatient facilities are now connected buildings. We also acquired state-of-the-art equipment designed specifically for physical and occupational therapy purposes. The new equipment will help our therapists be more effective and efficient; as well as improve the services patients receive.

## Wound Care & Hyperbaric Medicine Center

We are proud to finally offer advanced wound-care services locally. Those who have serious wounds that are not healing can be spared pain, reduced mobility, discomfort and, most importantly, the need to receive more serious intervention, even surgery. The inclusion of Hyperbaric Oxygen Therapy units places our center at the forefront of technology and wound healing. Our affiliation with Restorix Health has been outstanding and we look forward to working together for decades to come.

I thank everyone who attended our open house on Jan. 24 and I sincerely hope that if the need arises, you will choose us to provide the medical services you require here on the Island Hospital campus.

I always encourage your comments, concerns and suggestions. Feel free to contact me at [voliver@islandhospital.org](mailto:voliver@islandhospital.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

Jan Iversen

#### POSITION 2

C.W. "Buzz" Ely MD

#### POSITION 3

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

#### COMMUNITY RELATIONS/ EDUCATION

##### DIRECTOR

Dennis Richards

##### HEALTH RESOURCES COORDINATOR

Aubre Adams

##### COMMUNITY EDUCATION COORDINATOR

Claire Zaugra

##### COMMUNITY RELATIONS/

##### DIGITAL MEDIA COORDINATOR

Barb LeDuc

##### GRAPHICS/DESIGN

Teresa L. Pierzchala

##### WRITER

Dee Oliver

# LIFELINE®...



24-hour support for medical emergencies, at the push of a button!

## NO LONG TERM CONTRACT

## No Hidden Fees! • No Equipment to Buy!

call us for more  
information

**360.293.7563**



## ISLAND HOSPITAL

## Our Promise

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

# MEDICAL ARTS PAVILION AT ISLAND HOSPITAL



## *Medical Arts Pavilion*

COST: \$10.3 million

FINANCING: *New Markets Tax Credits* by HEDC New Markets, Inc., National Development Council, Kitsap County New Markets Facilitators and Washington Federal

SIZE: 26,000 square feet

PROJECT MANAGER: Marc Estvold AIA

ARCHITECT: Taylor Gregory Broadway (Edmonds, WA)

CONTRACTOR: Lydig Construction (Bellevue, WA)

*Wound Care & Hyperbaric Medicine Center now open*

## **Medical Arts Pavilion at Island Hospital provides state-of-the-art setting for existing, new services**

**T**he Medical Arts Pavilion (MAP) at Island Hospital opened for patient care on Jan. 9, and celebrated with an open house Jan. 24. The MAP houses Physical, Occupational & Speech Therapy, Merle Cancer Care Center and the new Wound Care & Hyperbaric Medicine Center.

"We are very excited about this new addition to the Island Hospital campus," said IH Chief Executive Officer Vince Oliver. "We now have an environment that will add to the care of our cancer patients, who are treated by an excellent professional and support staff.

"In addition," Oliver adds, "we are able to bring Physical, Occupational and Speech Therapists back on campus and add an exceptional Wound Care and Hyperbaric Medicine Center."

The new building is connected to the main hospital building, adjacent to the Emergency Department, allowing easy access to other services.



## **Wound Care & Hyperbaric Medicine Center**

**A**pproximately five million Americans suffer from chronic, non-healing wounds each year. Wounds may be caused by diabetes, poor circulation, traumatic injury, radiation therapy and other causes. These non-healing wounds occur when the level of oxygen in and around the wound drops below a certain level and the body's normal healing process and ability to fight infection become greatly impaired. Chronic wounds such as these require specialized wound care and sometimes, hyperbaric therapy treatment.

Patients with chronic non-healing wounds caused by diabetes, hypertension and other

conditions often experience a marked reduction in their quality of life. Pain and discomfort, declining mobility and fears about possible amputation are commonly experienced.

The Wound Care & Hyperbaric Medicine Center, a department of Island Hospital, has a multidisciplinary team of wound care specialists, including doctors, nurses and other medical professionals who use the latest, most advanced treatments to help wounds heal.

### *Hyperbaric Oxygen Therapy*

The Center has two hyperbaric oxygen chambers equipped with the latest computer technology that allows technicians to control

# MEDICAL ARTS PAVILION AT ISLAND HOSPITAL

pressure and temperature, as well as communication and entertainment options for patients. This special technology provides treatment for non-healing wounds and ulcers.

Wounds treated include:

- Diabetic ulcers
- Pressure ulcers
- Post-surgical non-healing wounds
- Venous stasis ulcers
- Arterial ulcers
- Non-healing traumatic wounds
- Atypical ulcers

Hyperbaric Oxygen Therapy has proven to accelerate healing in 14 approved indications.

Four of these are:

- Failing flaps and grafts
- Diabetic foot ulcers (Wagner Grade 3)
- Chronic refractory osteomyelitis (chronic bone infections)
- Damage from radiation therapy



## How does Hyperbaric Oxygen Therapy work?

Typically, a hyperbaric oxygen treatment involves 90 minutes at the prescribed treatment pressure plus the time required to pressurize and depressurize the chamber.

Each hyperbaric chamber is equipped with an entertainment unit so patients can watch movies during treatment to help pass the time.

For information call (360) 899-4600

## James D. Martin MD selected as Medical Director



James D. Martin MD has been selected as Medical Director for the Wound Care & Hyperbaric Medicine Center. He graduated from Thomas Jefferson University in Philadelphia, PA and completed an internal medicine internship at the University of Rochester in New York. Dr. Martin also completed an emergency medicine residency at the University of Pennsylvania and The Children's Hospital of Philadelphia. While in Pennsylvania he spent two years doing a research fellowship sponsored by the Emergency Medicine Foundation.

Dr. Martin completed a Hyperbaric Medicine Fellowship and Clinical Scholar program while involved in research for the Navy disabled-submarine project. He was recognized for his work with a Resident Research Award by the Undersea and Hyperbaric Medical Society.

Dr. Martin has been an attending emergency medicine physician, diving medicine consultant, an emergency department regional medical director, and a strategic planning consultant. He is board certified in emergency medicine and undersea and hyperbaric medicine. Dr. Martin has published numerous articles on emergency medicine and hyperbaric medicine and is a clinical lecturer for the University of Washington Emergency Department.

## Enrique Versace MD serves at Wound Care Center



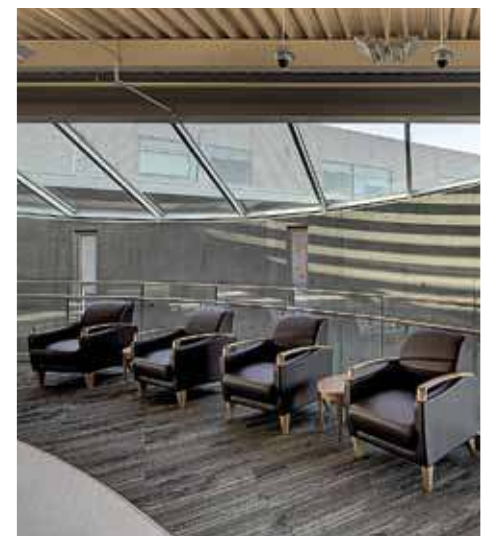
Enrique Versace MD is now serving patients at the Wound Care & Hyperbaric Medicine Center. Dr. Versace graduated from Williams College in Williamstown, MA and attended St. George's University School of Medicine in Grenada, West Indies. He began his wound-care training at Cape Cod Hospital Wound Care Center in Sandwich, MA while practicing internal medicine on Cape Cod.

Dr. Versace became certified in hyperbaric oxygen therapy during his practice as a hospitalist at Billings (MT) Clinic, where he also managed the monoplace chamber. His experience includes treating complex surgical wounds, patients who suffered brain injury from either anoxia or mechanical trauma, and infections requiring long-term intravenous antibiotic treatments.

## Merle Cancer Care Center

After 12 years of increasing patient volume and four "in-place" remodels, Island Hospital's cancer program has now moved to a facility designed and built specifically for this purpose. The center was renamed the "Merle Cancer Care Center at Island Hospital" to recognize a large donation by Elden "Bud" and Ann Merle, in gratitude of care received here.

The Merle Cancer Care Center – accredited by the Commission on Cancer – provides state-of-the-art pretreatment, staging, treatment and clinical follow-up for cancer





# MEDICAL ARTS PAVILION AT ISLAND HOSPITAL

patients. Also provided are a broad spectrum of outpatient infusion services, including:

- Chemotherapy
- Medication administration
- Blood product transfusion
- Private visits with physicians and a nurse practitioner
- Referral to radiation therapy

## Infusion Therapy

Infusion is the slow delivery of medication or fluid into a vein through an IV. At the Merle Cancer Care Center at Island Hospital, physicians and registered nurses provide intravenous (IV) treatments for patients on an outpatient basis. Some patients are scheduled for just one visit, while others come for infusion services regularly over several weeks or months.

Infusion services include:

- Blood transfusions
- Injections
- Antibiotic therapy
- Intravenous (IV) therapy
- Chemotherapy

## Support Services

The Merle Cancer Care Center's Support Services team includes a *Patient Navigator*, who helps families who may feel overwhelmed and uncertain how to progress through the processes of cancer treatment.

The Patient Navigator can:

- Advocate for you within the healthcare system



- Connect you and your family to resources and support services such as home care, hospice, nutrition, transportation and accommodations
- Provide access to financial support for medications and co-payments
- Enhance quality of life, sense of autonomy and emotional wellbeing
- Facilitate communication between you and your healthcare providers
- Provide information about your diagnosis and treatment

## Cancer/Tumor Registrar

Cancer/Tumor Registrars compile and maintain records of hospital patients treated

for cancer. They utilize a tumor registry data system for use by physicians and researchers. Cancer/Tumor registrars review hospital records to identify and compile patient data for use in cancer management programs and to comply with government regulations. They review and code information from the patient's medical record, such as demographic characteristics, history and extent of disease, diagnostic procedures and treatments.

## MCCC Providers

Our providers are caring professionals who have a passion for fighting cancer. They understand that the cancer patient's experience reaches beyond the physical element to a person's emotional, mental and spiritual wellbeing. In addition to providing exceptional medical treatment, their goal as cancer specialists is to provide comprehensive, individualized care by offering a wide range of support services designed to meet the unique needs of each cancer patient.

The center is staffed with two medical oncologists – George Gjerset MD and Theodore Kim DO – and nurse practitioner Karen Gilbert ARNP. Drs. Gjerset and Kim are board certified in hematology/oncology and Gilbert has specialized training in oncology. The center's registered nurses have certification in cancer care through the Oncology Nursing Society.

For information call (360) 299-4200.



# MEDICAL ARTS PAVILION AT ISLAND HOSPITAL



## Physical, Occupational & Speech Therapy adds new staff

**H**ilary Walker OTR/L, LMT and Malcolm McPhee DPT have joined the Physical, Occupational & Speech Therapy Department at Island Hospital and are currently seeing patients in the new Medical Arts Pavilion.

Previously Hilary Walker was with Central Vermont Medical Center, Berlin, VT where she was responsible for evaluation and treatment of acute care patients with diagnosis ranging from orthopedic, post total joints replacement, cardiac, neurologic and general geriatric care. She also was on-call therapist for post-surgical splinting, a service that she can offer Island Hospital patients and those receiving care from other medical specialties. Walker also has worked as an occupational therapist at Sacred Heart Medical Center in Eugene, OR and has been in private practice as a massage therapist. She is a member of the National Board for Certification in Occupational Therapy, the Wilderness Medicine Training Center and the Washington Massage Association.



Malcolm McPhee received a Bachelor of Science Degree in Biochemistry from the University of Washington, Seattle, WA and a Doctor of Physical Therapy from the University of Vermont, Burlington, VT. He specializes in orthopedic injuries, balance disorders, spinal dysfunctions sports medicine/rehabilitation and more. McPhee grew up in Anacortes and graduated from Anacortes High School before completing his education and returning to the city to accept a position as a therapist with Island Hospital. He looks forward to spending time working with patients and believes in the value of exercise to help improve quality of life.



Physical, Occupational & Speech Therapy is located in the new Medical Arts Pavilion at Island Hospital. For appointments or information, call (360) 299-1328.

## Physical, Occupational & Speech Therapy

**P**hysical, Occupational & Speech Therapy (POST) at Island Hospital provides comprehensive services delivered by specially skilled professionals whose focus is improving patients' quality of life. Therapists trained in disease processes, treatment techniques and exercise principals provide one-on-one care and education to achieve optimal results.

### Physical Therapy

Physical Therapists work with patients and their physicians to help manage pain, restore function and improve mobility, balance, flexibility and strength – striving to help prevent future injuries. Physical, Occupational & Speech Therapy at Island Hospital professionals have more than 200 years of combined experience in providing state-of-the-art services to help patients recover from injury or illness. In addition to

services offered at the Medical Arts Pavilion, aquatic therapy is provided at Fidalgo Pool.

### Occupational Therapy

Occupational Therapists help people of all ages successfully engage in the activities of daily living. This includes working with children who have developmental concerns, or adults with physical or neurological handicap. Our Therapists can help children with fine-motor coordination to independently complete schoolwork; or modify an adult's environment to help him live independently.

### Speech Therapy

Speech Therapists treat patients of all ages to improve a patient's communication, speech, language, cognition and swallowing abilities to gain independence and self-confidence. Speech Therapy can help those who have:

- Speech Disorders
- Parkinson's Disease
- Swallowing Problems
- Brain Injury
- Memory Problems
- Voice Disorders
- Stroke
- Autism

For more information call (360) 299-1328.





## Nathanael W. Cardon DO joins Psychiatry & Behavioral Health Program



**N**athanael W. Cardon DO has joined the Psychiatry & Behavioral Health Program at Island Hospital where he works with primary-care providers and other mental-

health professionals to integrate and improve patient care.

Dr. Cardon received a DO from Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA. He completed an internship, a general psychiatry residency and received additional

child and adolescent psychiatry training as a Fellow at the University of Nevada School of Medicine, Reno, NV.

Dr. Cardon believes that "Behavioral health should emphasize all aspects of life including psychological, social, spiritual and biological concerns." He strives to focus on these factors in working to improve quality of life for patients.

Before coming to Island Hospital, Dr. Cardon was a psychiatrist at Northern Nevada Adult Mental Health Services, Sparks, NV and at Washoe County Detention Facility, Reno, NV. He also participated in NVLEND Planning Grant Pilot Seminars in Reno for

the treatment of children with neuro-developmental disabilities such as autism. He is licensed as an Osteopathic Physician and Surgeon by the Washington State Department of Health and certified by the Nevada State Board of Osteopathic Medicine and the Osteopathic Medical Board of California. He is a member of the Washington Osteopathic Medical Association, the American Psychiatric Association and the American Osteopathic Association.

Dr. Cardon and his wife were raised in the Northwest and are happy to be back home to raise their three children. He enjoys exploring the great outdoors, woodworking, skiing, soccer and playing his guitar.

For information or appointment, call the Psychiatry & Behavioral Health Program at (360) 299-4297.

## Robert Reyna MD brings broad experience to IH Sleep Wellness Center



**R**obert Reyna MD has accepted the position of Medical Director of the Island Hospital Sleep Wellness Center. His goal is "to provide expanded sleep medicine care for patients by increasing awareness of the impact of sleep disorders on health, and the importance of a good night's rest to overall well being."

Dr. Reyna earned an undergraduate degree from Stanford University, Palo Alto, CA where he also was trained as a sleep technician. He received an MD from the University of California, San Diego, CA and completed a residency in pediatrics at Cedar-Sinai Medical Center, Los Angeles, CA.

Prior to joining the Sleep Wellness Center at Island Hospital, Dr. Reyna served as Medical Director at the Sleep Center of Nevada where he helped bring AWAKE support group meetings to Las Vegas, NV and gave lectures on sleep topics to community and professional audiences. Dr. Reyna's other experience includes developing sleep services for a large Southern California-based HMO where he also served as Medical Director for Sleep Services. He has conducted research in the field of insomnia at the TriState Sleep Disorders Center in Cincinnati, OH and has worked in concert with several medical centers to create a multi-specialty Cognitive Behavior Therapy Insomnia program.

Dr. Reyna is a Diplomate of the American Board of Sleep Medicine and a Fellow of the American Academy of Pediatrics.

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

## Comprehensive Dermatology services return to Anacortes

**A**mber D. Fowler MD has opened Rosario Skin Clinic in Anacortes, filling a void left by the closure of Fidalgo Island's only dermatology-service provider late in 2011.

Dr. Fowler is a board-certified Dermatologist and local resident. With Michelle Draper ARNP and Katelyn Rowland ARNP, she will provide a full spectrum of medical and surgical dermatology services.

A graduate of Anacortes High School, Dr. Fowler earned a BA degree in Psychology from the University of Washington and an MD from the Medical College of Wisconsin, Milwaukee, WI. Her post-doctoral training included an internship at St. Luke's Hospital in Milwaukee and a residency in dermatology at the University of Michigan, Ann Arbor, MI. She has received many honors and awards in her academic and professional career.



Dr. Fowler has several years of experience providing professional dermatology services to patients in the Northwest. She is a member of the American Academy of

Dermatology and the American Society for Mohs Surgery, a specialized skin cancer procedure that produces exceptionally high cure rates.

Committed to helping community members and patients throughout the Northwest look and feel their best, Dr. Fowler lives in Anacortes with her husband and two children.

The Rosario Skin Clinic offers dermatology services including skin rejuvenation, complexion enhancement and treatment for all medical conditions of the skin, nails and hair. The Clinic is located at 3110 Commercial Ave. #105, Anacortes. For information call (360) 755-3253.



## Island Internal Medicine welcomes David Brown MD



**D**avid H. Brown MD has begun seeing patients at Island Internal Medicine. He also is serving as a hospitalist, delivering care to patients throughout their stay in Island Hospital.

Dr. Brown earned BA, MB, BAO and BCh degrees from Trinity College School of Medicine, Dublin, Ireland, and a BS degree in Mechanical Engineering from the Boston University School of Engineering, Boston, MA. He served internships at St. James Hospital and Adelaide & Meath Hospital, Dublin and an internal medicine residency at the University of Arizona, Tucson, AZ.

Prior to joining Island Internal Medicine, Dr. Brown was an Assistant Professor of Clinical Medicine at the University of California

at San Diego and served as a hospitalist at Thornton Hospital and Hillcrest Hospital in San Diego. He also has served as a staff physician at VHI Urgent Care Clinic and as Senior House Officer at Mater Hospital, both in Dublin. Additionally, Dr. Brown is co-founder of Lifeflow Technologies, Inc., a medical-device company.

Certified by the Educational Commission for Foreign Medical Graduates and with a board certification in internal medicine pending, Dr. Brown “looks forward to serving clinic and hospital patients in this beautiful community.” He is married, has two children and enjoys hiking, camping, fishing, skiing and playing guitar.

Island Internal Medicine is located at 912 32<sup>nd</sup> St., Suite A, Anacortes. For appointments call (360) 293-4343.

## Lois Pate RN promoted to CNO

**L**ois Pate RN, previously Director of Nursing, has been promoted to Chief Nursing Officer (CNO) for Island Hospital. Pate has worked at Island since 1995 in several positions but is known for her leadership in patient services and was the hospital's first Management Leadership Awardee in 2003.

“We are very fortunate to have Lois in such a critical leadership role,” said IH Chief Executive Officer Vince Oliver. “Her knowledge, integrity and tireless efforts facilitate Island Hospital's delivery of high-quality, compassionate services for our community.”

Pate will sit on the hospital's Administrative Council, with Oliver and Chief Financial Officer Peter Swanson, and attend monthly Board of Commissioners meetings. Among departments reporting to her are Home Health, Surgery, Laboratory, Acute Care, Critical Care, Emergency, Care Management and Ambulance



services.

“I love working at Island,” said Pate. “We have some of the finest people I have ever known working in healthcare, people who make my role a pleasure. There's no place else I would rather be.”

After working for the nurse registry from 1977-78, Pate worked for Alcenias, a drug and alcohol rehabilitation facility, from 1978-79. From 1979-95 she served in several positions at Overlake Hospital Medical Center in Bellevue, WA, eventually becoming Manager of Cardiovascular Services. She was responsible for Cardiovascular Surgery, Nuclear Medicine, Radiology Nursing and more. She moved to Whatcom County in 1994 and started at Island Jan. 1, 1995.

Pate sits on the boards of Emergency Medical Services Commission, North Puget Sound Critical Care Consortium and Skagit Valley College Advisory.

## Michael Sharp heads IH Laboratory Services

**M**ichael Sharp MLS, a seasoned professional with more than 20 years experience in advancing laboratory services in a healthcare environment, is now the Director of Laboratory Services at Island Hospital.

Sharp holds a BS degree in Biology from Rhodes College of Memphis, TN and is board certified by the American Medical Technologist and the American Society of Clinical Pathologists. Prior to joining Island Hospital he served as Laboratory Administrative Director of Sky Lakes Medical Center, a not-for-profit, 176-bed facility in Klamath Falls, OR.

Passionate about providing excellent patient care, Sharp aims to implement best practices to improve laboratory services for IH patients and the local community. Some of his recent



accomplishments include building laboratory information systems (LIS) networks with physician office integration, training the next generation of medical laboratory scientists,

technicians and phlebotomists, as well as implementing outreach programs, directing Lab community service events and managing inter-departmental patient-care initiatives.

Michael and his wife of 26 years, Tracy, look forward to making Skagit County their permanent residence. Their daughter Jessica has just completed her Masters in Motion Picture and Television Directing at the Academy of Art University in San Francisco. “We've fallen in love with the people and life style in Anacortes and look forward to being a permanent part of the community.”

## PEOPLE AT ISLAND HOSPITAL

### Jon Prescott selected Staff Chaplain/Pastoral Care Coordinator

Jon Prescott, who has served as a Volunteer Island Hospital Chaplain since 2007 and Cancer Care Center Patient Navigator since 2010, has added Staff Chaplain/Pastoral Care Coordinator to his role.



Park Monastery in Escondido, California.

In his role as Patient Navigator Prescott helps patients transcend the emotional, social and financial difficulties that often accompany a cancer diagnosis. Jon is part of a clinical team that cares for the whole person

and ensures that great medical care is not derailed by difficulties with insurance, communication, transportation or expenses. To that end, Prescott has connected patients with almost \$700,000 of financial assistance over the past two years.

Prescott believes that "Volunteer Chaplains can help people connect with meaning and support them in making sense of what is happening to them within an illness or situation. It's important to me to be a compassionate listener, and I bring my whole being to that process."

For more information about the Island Hospital Volunteer Chaplain program, call Volunteer Services at (360) 299-1371 or Prescott at (360) 588-2082.

As Chaplain Coordinator Prescott will schedule, facilitate training, recruit and support the exceptional Volunteer Chaplains who serve Island Hospital patients, families and staff.

"Jon's caring attitude and service to our patients and staff has been exemplary in all ways. As I step from the Coordinator role to that of Volunteer Chaplain I look forward to serving Island Hospital under his supervision," said retiring Staff Chaplain/Pastoral Care Coordinator Rev. Chris Anderson.

Prescott has a 20-year history as a Quaker, having served as Clerk of North Pacific Yearly Meeting. Jon then became a student of Vietnamese Zen Master Thich Nhat Hanh, who ordained him as a lay monk in 2005. Jon now serves Buddhist communities throughout the Northwest and is active with Deer

*continued from Page 2*

Health Alliance, a new primary and specialty care clinic in Smokey Point.

"This is the logical next step for our three public district hospitals to expand the work we are doing together to retain and grow the outstanding high-quality healthcare we offer in the communities we serve," said Skagit Valley Hospital Chief Executive Officer Gregg Davidson. "I believe that this collaboration will help all three organizations build a stronger future and continue to deliver quality healthcare where the patient comes first."

"Working together will help strengthen our market position in a very challenging environment," said Cascade Valley Hospital Chief Executive Officer Clark Jones. "We're very excited to be able to collaborate on projects beneficial to patients in all three organizations while maintaining our independence. This collaboration will also help our financial stability in trying times."

**Cascade Valley Hospital,** Snohomish County Public Hospital District No. 3,



is a 48-bed facility, which has served Arlington and the surrounding communities for more than 100 years. Cascade Valley also operates seven associated clinics and a free-standing surgery center. ([www.cascade-valley.org](http://www.cascade-valley.org))

**Island Hospital,** Skagit County PHD No. 2, is a 43-bed



acute-care facility that has served west Skagit County, north Whidbey Island and the San Juan Islands for 50 years. Island also operates eight physician clinics and a freestanding sleep wellness center. ([www.islandhospital.org](http://www.islandhospital.org))

**Skagit Regional Health** includes the 137-bed Skagit Valley Hospital and 10 Skagit Regional



Clinics locations. Skagit County PHD No. 1 has served residents of Skagit, Island, San Juan and north Snohomish counties since 1958. ([www.skagitvalleyhospital.org](http://www.skagitvalleyhospital.org))

#### The ONLY Locally Owned Home-Health Agency Serving Skagit & San Juan Island Counties

You will receive skilled care from our experienced, professional healthcare staff in the comfort and privacy of your home. Island Hospital Home Health clinicians coordinate with your physician to meet your individual needs.

- Registered Nurses
- Physical Therapists
- Speech Therapists
- Wound Care
- Home Health Aides
- Social Workers
- Occupational Therapists

MEDICARE & MEDICAID CERTIFIED



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





## Blepharoplasty (Eyelid Surgery)

By **David H. Slepyan MD**

Center for Aesthetic, Reconstructive  
& Hand Surgery

**E**yelid surgery is one of the most common procedures in aesthetic plastic surgery. In the normal aging process, the eyelids can go through several different processes depending on the patient. For some patients, the lids become droopy, with excess skin hanging down to the lash line. In other people there can be an excessive fullness in the lids, particularly the lower lids as fat collects under the eye with gravity and time. In contrast, the opposite can occur for some patients; there can be a lack of fullness with loss of soft-tissue support and a hollowing of the eyes that naturally comes with aging. Obviously there is a variety of scenarios of what can occur in your lids with aging and the individual differences vary with family history, lifestyle, and overall health. In this article, I will address the most common occurrences and the surgical options for treatment.

Many patients looking at eyelid surgery, formally called *blepharoplasty*, arrive in my office complaining of drooping lids. In severe cases, the lids can droop to the point where they cover half the eye and sometimes the outer corners of the eyes. This limits their

visual field, making it difficult to see properly and limiting their performance of daily tasks, such as driving and even walking. In these cases, insurance will often cover the upper-eyelid surgery to improve the eyesight. Other patients may have drooping or puffy lids without visual impairment, but with a desire for a lift to the lids for a more youthful appearance.

Contributing to the aging effect around the eyes is a lack of support to the brow, which descends with the heavier lids. Brow descent occurs naturally with age, more commonly with males as they have thicker skin. The pressure of the brow descent adds to the excess skin of the lids, so it is important to stabilize the brow when correcting the upper lids. If excess skin is removed from the lids but the brow is not stable, it will continue to descend and actually be lower after the surgery. Brow stability varies with patients, so it is important to discuss whether this is contributing to the eyelid problems.

For the corrective surgery, the brow is tightened first, and excess skin can then be removed from the upper lid. If the patient has a hollowing of the eye socket with age, fat or



fillers can be used to help fill out the contour of the lids and give a more youthful appearance. If the patient has pockets or puffiness under the eye, a limited skin excision can be carried out or fat can be removed. If there is excessive bagging in the lower lids, fat can be added to smooth wrinkles in the area and then the skin can be tightened around it. Procedures can be carried out under local anesthesia or general anesthesia and patients go home the same day. Recovery is a quick process of about a week's time, though some residual bruising sometimes occurs.

As you can see there is a wide variety of options in eyelid surgery which are tailored to the patient's condition. The fullness, drooping, and excess skin all vary in families and one can often look at a parent and know what the child will experience down the road. When patients inquire about eyelid surgery, consultations involve computer imaging so the patient can view a standard outcome of the procedure. This helps patients make educated decisions about their surgeries. Eyelid surgery is a relatively short procedure that allows patients to enjoy a more youthful appearance as well as greater stability in the brow and lid region.

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).

## 8<sup>th</sup> Annual March for Meals - Roll a Strike for seniors!

**M**arch for Meals is a community celebration designed to give friends, family and neighbors the opportunity to raise funds to support the Meals-on-Wheels Program in Skagit County.

### COMING IN MARCH!

- Friday, March 2 - Kick-off Spaghetti Feed at the Anacortes Senior Activity Center
  - 4:30 & 6 p.m. seatings
  - \$10/adults, \$5/children (10 & under)
- March 24 & 25 - Bowling Bash at San Juan Lanes & Grill

Several ways to support March for Meals:

1. Sponsor a Bowling Bash Team
2. Sponsor a Plate
3. Make a Donation



For 2012, we expect to serve 130,000 meals to 3,000 seniors county-wide. Of those, we estimate serving 27,000 meals to over 700 seniors in the Anacortes community.

For more information, please contact Sally Hill at (360) 293-7473.

### Coming Soon!

## Island Hospital Loyalty Card

**E**veryone who uses Island Hospital services is eligible to obtain an Island Hospital Loyalty Card. This card will entitle the bearer to all discounts and privileges offered by IH, including:

- Faster registration
- Enhanced identity protection
- Discounts on purchases
- And more!

Announcements will be made by early spring on how and where to obtain your free IH Loyalty Card.





*Board of Commissioners  
President Paul M.  
Maughan PhD accepts a  
check recognizing the  
Island Hospital  
Foundation's 2011  
\$462,486 contribution to  
Island Hospital.  
Presenting the check are  
IHF Board President  
Shellie Bogosian (left)  
and Development  
Coordinator Bernadette  
Molnar.*

## 2011 banner year for IHF

**F**or the Island Hospital Foundation (IHF), 2011 proved to be a productive year. Programs were created, amended and grown; direct public support increased exponentially and positive relationships were cultivated and invigorated.

Among the many successes made possible by a supportive community include: The *Mental Health Intervention Program* (MHIP) that changed lives on a grassroots level, direct public support and donor designated funds grew significantly and the Celebration of Trees posted a record-breaking year.

The MHIP, a collaborative effort between Island Hospital and the Anacortes School District was launched in early 2011. Funded solely by Island Hospital Foundation, the program provides free weekly counseling sessions to high school students by a mental-health counselor from the Psychiatry & Behavioral Health Program at Island Hospital. The program was so successful in its first year that the IHF Board of Directors has chosen to continue funding it at a minimum of \$50,000 annually for the next five years.

Individuals dedicated to Island Hospital's mission came together to support IH programs and services, generating new levels of direct public support and designated fund transfers from the Foundation to the Hospital. Direct public support from community members in 2011 exceeded 2010 by more than 70%. Designated fund transfers to specific departments, programs and services at Island Hospital exceeded the budgeted amount by more than 90%, allowing the IHF to transfer more than \$460,000 to Island Hospital in 2011.

New projects and programs developed in 2011 include a *Grateful Patient* program, which provides those pleased with exceptional care they received at Island Hospital to meaningfully acknowledge their caregivers by designating a gift on their behalf. Island Hospital Foundation is in the process of creating a video and brochure to share positive patient experiences and stories with the community. Additionally, the Foundation is expanding its digital presence by reformatting its website to include richer content and has created a Facebook page and Twitter handle – both of which are gaining positive awareness within the community.

The IHF Board bid farewell to three esteemed members who completed their terms of service in December 2011 – Diana Jordan-New, Beth Prins and Past President Marv Shelby. Their dedication of time and talent was influential in bringing the IHF to where it is today. The Board also welcomed three respected community members to the Board in 2012 – Josh Baldwin of Quantum Construction, Colleen Craig of Windermere Real Estate and Rich Humphrey of Skagit State Bank. Dianne Kuhn, 2011 Board President, will move into the past president role and offer guidance to Shellie Bogosian as she assumes the 2012 board presidency.

With much positive momentum in 2011, the coming year is off to a promising start for Island Hospital Foundation.

## Remembering

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

### IN HONOR OF:

John & Trish Archibald

Marriage of Holly & Philip Burton

Anacortes Wrestlers for Life members  
Craig & Kyle Jones

Jessie & Bonnie Raymond  
and Mary Steward

Kathy Thomas

### IN MEMORY OF:

Thelma Babcock Malcom McLendon

Claudette Benz Mulligan

Sara Burse Nick Petrish

John Carabba Wayne Ramerman,  
M.D.

Harry Chowka Donald Rauch

Dale Dow O. Newell Sheffer

Keith Eide Dorothy Skelton

Don Escher Helen St. Andre

Janet McBride Ruth Steinman  
Fanning

Dick Garvey Arnold Strandberg

Alive Groves Dorothy Taylor

Dennis J. Heggem Chris Whatley

BC & Jean Kilpatrick Carol C. Whittemore

Karen Mallary & Susan Woolsey  
Craig Nielsen

Ian R. Wright

Peter Martin

*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*

**Please remember  
to reduce, reuse  
and recycle.**





## 5th annual Celebration of Trees has record success

The 2011 Celebration of Trees brought the magic of the holidays to town with a record-breaking show of support for community health screening programs at Island Hospital. The popular event, hosted by Island Hospital Foundation (IHF) in early December at the Port of Anacortes Transit Shed Event Center, raised more than \$50,000 for these vital programs that help local residents live healthier, longer.

Area business and community members collaborated to create 13 extravagantly decorated trees and 12 festive wreaths for the event which was themed, "A Holly Jolly Christmas – A Tribute to Burl Ives". Among the entries was an Anacortes community tree representing local businesses, an automotive tree which featured a complete car-care package of tires, car washes and oil changes, and an elegant musically themed tree done by Maison et Jardin. Community members voted for their favorite tree and wreath. This year's People's Choice Awards went to the "Taking Steps for Women's Heart Health" tree by Soroptimist International of Anacortes and the "Waiting for Santa" wreath fashioned by Friends of Fidalgo Pool & Fitness Center.

The Celebration of Trees community day drew more than 750 people who viewed the trees and wreaths, enjoyed vocal and dance performances, savored cocoa and cookies and witnessed the ever-popular Battle Gingerbread. Six teams vied for the best gingerbread design and after much consideration, judges honored Team Savvy Girls for its elaborate "Reindeer Flight School" gingerbread model.

More than 150 guests attended the event's reception and auction Saturday evening to support community health screenings at Island Hospital. The Trish Hatley Quintet played jazz selections while guests savored appetizers from Gere-a-Deli. This year's live auction offered participants an

opportunity to support causes geared toward their gender. The raise-the-paddle portion of the auction demonstrated strong support for initiatives to promote women's heart health and fight prostate cancer – both predominant health concerns in the US. The auction raised \$10,200 to support prostate health and \$15,400 to help fund Cardiopulmonary Rehabilitation program co-payments, bringing in a total of \$25,600.

The 6th Annual Celebration of Trees will be held Nov. 30 to Dec. 1. More information on this popular community event can be found at [www.islandhospitalfoundation.org](http://www.islandhospitalfoundation.org).



*Rotary Warms Hearts was the tree decorated by Anacortes Noon and Morning Rotary International clubs, featuring fine wines and delicacies.*

ISLAND HOSPITAL FOUNDATION PRESENTS

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



The Ninth Annual

# GALA OF HOPE

APRIL 21, 2012 | 5:30 P.M.

PORT OF ANACORTES TRANSIT SHED EVENT CENTER

# PUTTIN ON THE RITZ

**TICKETS NOW ON SALE!**

360-299-4201 | [www.islandhospitalfoundation.org](http://www.islandhospitalfoundation.org)

f

t

# Another successful year for the IH Auxiliary

After ushering in the holiday season with its annual Christmas tree sale, the Island Hospital Auxiliary is looking ahead to a new year of fund-raising and fun-raising activities. It took only two hours for the gaily decorated miniature trees to sell out, netting the Auxiliary nearly \$1,000. These and other funds generated by the group's projects will go toward the purchase of items and services that benefit Island Hospital patients and staff.

In the spring of 2012, the IH Auxiliary plays host to members of similar auxiliary groups from throughout northwest Washington at the annual Spring Conference. CEO Vince Oliver will keynote the event with a preview of new services and facilities at Island Hospital, along with a guided tour of the newly opened Medical Arts Pavilion.

The April 24 meeting also will feature a presentation by Kathleen Horr RN, a flight-crew member of Airlift Northwest and IH Emergency Department nurse. The Seattle-based air-emergency-response network provides transportation from emergency sites to receiving medical centers such as Island Hospital. Medical professionals in the flight crew such as Horr, provide critical patient care that saves lives and promotes recovery.

Other events include the Auxiliary's



*IH Auxiliaries (from left) Claudia Dillman, Shirley Smith and Ann Giboney sell miniature trees in November.*

Valentine *Candygram* sale in February when traditionally more than 300 wrapped candy bars are distributed on request to and from Island Hospital patients and staff. On April 5 another annual favorite, the *Easter Basket Sale* will draw those who crave homemade sweet treats from throughout the hospital and the community. Good advice from regular sale patrons: "Come early!"

Want to contribute to the community and have a good time in the process? Consider joining this small group of women who continue to do big things for Island Hospital patients and staff. Auxiliary luncheon meetings are held on the first Monday of each month except July and August. For more information, call the Island Hospital Foundation at (360) 299-4201.

## First 2012 Baby at Island



*Griffin Levy Hynd, 7 lbs. 5 oz. and 19 inches, was born Jan. 2 at 6:40 p.m., Island Hospital's first baby of 2012. The new Oak Harbor resident is shown with parents Mishelle and Jason Hynd, and joins siblings Ryan and Dylan.*

## Family Caregivers program offered by NW Regional Council

The family care-giving experience is unique for everyone and takes on all shapes and sizes. Some check on an aging parent every day, vigilantly trying to anticipate the next need. Others find themselves taking on care-giving duties for a spouse who suffers from memory loss.

What those who care for loved ones and friends do have in common is additional stress. They are the glue holding together the dignity and independence of their loved one, but often at the expense of their own depression, exhaustion and illness. This stress is compounded by not knowing how to access support.

Northwest Regional Council's *Family Caregiver Support Program* helps caregivers learn what resources are available and why it is important to use them. If you take care of a partner or family member 18 years or older in Skagit County and are not paid for this work, you are considered an unpaid family caregiver; and are entitled to access Family Caregiver Support Specialists to find support services available in the community.

By managing your own care-giving experience and taking care of yourself, you are taking care of your loved one. Some services are free and some are offered on a sliding fee scale. To contact the

Family Caregiver Support Program, call (360) 428-1301.



# Sleep deprivation can impact heart health and more

**O**bststructive sleep apnea (OSA), a common sleep-related breathing disorder which has serious quality-of-life and work-performance implications, also can cause acute cardiovascular problems for those who suffer from the condition.

Studies have shown that OSA is associated with high blood pressure and other heart-related risk factors including ischemia, arrhythmias, stroke or sudden death, but more recent research shows that those with sleep apnea also have enlarged and thickened hearts that pump less effectively.

That's the bad news according to Bruce Cox, Director of the Sleep Wellness Center at Island Hospital. "According to reliable studies, while heart abnormalities can be caused by sleep apnea, the good news is that with proper treatment of OSA, the shape and function of the heart can be significantly improved," he said.

Although sleep apnea has been linked to heart disease, diabetes, gastroesophageal reflux disease, brain damage, erectile dysfunction, obesity and more, it remains an under-diagnosed and under-treated condition. It is estimated that only 10% of patients with OSA are being treated, and while the remaining 90% may know they have a problem, they choose not to pursue treatment.

According to Cox, it's important for OSA sufferers to understand that their condition not only keeps them from restful sleep, but studies show it also could cause them to develop more serious health problems or worsen existing conditions. "Education is part of what we offer patients at the Sleep Wellness Center, in addition to state-of-the-art diagnostic and treatment procedures and medical equipment to meet individual needs," he said. "OSA presents a serious threat to the well being and overall medical condition of our patients, and we believe they need and deserve an effective continuum of care."



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

## Island selected Chinook Enterprises Employer of the Month

**I**sland Hospital was recognized as Employer of the Month for November 2011 by Chinook Enterprises in Mount Vernon for its work with Patient Access Mail Clerk, Austin Schafer.

Employed with Island Hospital since October 2008, Austin works diligently to make sure that the incoming mail is placed in the appropriate department mailboxes. He also delivers mail and, most recently, has received training on processing outgoing mail through the postage machine – which he refers to as simply, "The Stamper".

Along with Austin, Island Hospital is proud to have many other excellent employees and volunteers with disabilities that serve throughout the organization.

Chinook Enterprises recognizes a new employer each month for supporting the hiring and encouraging the growth of people with disabilities in the workplace; understanding the importance of full participation in the workplace of all individuals regardless of barriers; and communicating to all staff the importance of acceptance of all individuals in the workplace regardless of differences.

Island Hospital is a proud supporter of Chinook Enterprises, its employees and mission.

"This is a great honor from a great organization and I especially would like to thank Director of Patient Hospitality Services Kay Steiner for her dedication in supervising and training Austin," said Island Hospital CEO Vince Oliver.



Director of Patient Hospitality Services Kay Steiner (left) with Patient Access Mail Clerk Austin Schafer.

## Holiday card winner



*Fourth-grader Brenna Palmer-Perry (holding cans of food) had her artwork selected for Island Hospital's seasonal greeting card. In lieu of her prize of an ice-cream party for her class at Mt. Erie Elementary, taught by Janet Brynteson, she requested on behalf of her fellow students that a donation be made to the local food bank. IH Community Relations Director Dennis Richards (at right) thanked Brenna and the other students for their decision to help others less fortunate.*



*Executive Assistant Kara Aaby (left) and Systems Analyst Sarah Ney collect Coats for Kids.*

## IH employees continue Coats for Kids

Last winter 87 area youngsters received warm new outerwear as part of the Coats for Kids program sponsored by the employees of Island Hospital. This year, thanks to the dedication of organizers and the generosity of IH staff members, nearly \$4,460 was raised to buy 126 coats for children in need.

According to Sarah Ney, a Systems Analyst in the IH Finance Department, who as a member of the IH Employee Council has organized the Coats for Kids program for the past two years, funding has increased by almost \$2,000. "It's heartwarming to see the response from employees," she said. "We took on the program as a way to address the very real needs of some local families and to contribute to the health of the community."

This year the Employee Council worked with At-Risk Intervention Services in Mount Vernon, Citizens Against Domestic Violence and Sexual Violence in Oak Harbor, and the Orcas Family Resource Center on Orcas Island (see adjacent article) to identify children of families in need. This year resources also were extended to children who were part of the early intervention collaborative program.

The IH Employee Council includes representatives from each hospital department and was organized to create camaraderie among staff members and to support fundraising efforts which benefit the community.

## Coats for Orcas kids

At least 25 more Orcas Island children will have new winter coats this year, thanks to an ongoing program sponsored by Island Hospital employees, with contributions of \$1,000 from the Orcas Medical Center (OMC) staff and Orcas Medical Foundation (OMF) members.

According to OMC Practice Administrator Alison Shaw, the Island Hospital program has been operating successfully in Anacortes. "The systems are in place," she said. "Now, through our OMC affiliation with Island Hospital, our personal contributions go further and we are able to bring the program to Orcas."



*OMC Practice Administrator Alison Shaw (left) hands off coats to Erin O'Dell, Orcas Family Resource Center Director, who distributed donated coats to families in need.*

## Clinic provides injury assessment, screenings for AHS athletes



Participation in high school athletic programs contributes to a physically active lifestyle, but the number of sports-related injuries to teens has continued to rise to an estimated 2 million annually, resulting in 500,000 doctor visits and 30,000 hospitalizations. To help remedy this situation – which is an ongoing concern for school administrators and parents – a licensed athletic trainer from Physical, Occupational & Speech Therapy

(POST) at Island Hospital is now on the sidelines of Anacortes High School sports events. Therapists provide on-site injury assessment for players, including evaluation of concussions, which can occur often in high-impact sports.

Holly Treadway DPT, ATC works up to five hours a week at sporting events and holds a free injury-screening clinic for players each Monday, 2:30 to 3:15 p.m., at the POST facility in the new Medical Arts Pavilion at Island Hospital.

"It's very important for parents to know whether to seek medical treatment for a

child who has been hurt playing sports," says Treadway. "The screening sessions allow us to assess an injury and let parents know when to apply conservative treatment and when to call their physician."

Treadway, who joined the department a year ago, earned degrees in Exercise Physiology and Sports Medicine from Miami University, Oxford, OH and a Doctor of Physical Therapy degree from the University of Dayton, Dayton, OH. A Certified Athletic Trainer and Licensed Physical Therapist, she enjoys working with student athletes.

For information, call (360) 299-1328.



# Where should you go for urgent care?

In times of injury or illness, it can be difficult to decide which level of medical care one needs. Unless there is a life-threatening emergency, it is recommended that care starts with your personal clinic.

Your physician clinic is the place for common illnesses, minor injuries, regular physical exams and health problem when advice is needed.

Urgent Care Clinics provide care for non-life-threatening medical problems that could be worse if not treated. Urgent care clinics offer walk-in visits and typically have weekend hours. Anacortes Family Medicine (AFM) and Fidalgo Island Walk-In Clinic provide immediate care and welcome walk-in patients. The care provided is for common illnesses such as colds, flu, migraines and more. In addition, urgent care and immediate care clinics treat minor injuries such as sprains, cuts, burns, minor broken bones and eye injuries.

Hospital emergency departments are for very serious problems such as chest pain, severe abdominal pain, severe burns, breathing difficulty, sudden dizziness or loss of balance, numbness in face, arm or leg; severe headache, seizures, high fever or any condition felt life threatening. If you experience any of these, call 911 immediately or get someone to drive you to the nearest emergency department.

AFM is located at 2511 M Ave., Anacortes, and can be reached at (360) 299-4211; Fidalgo Island Walk-In Clinic is located at 1500 Commercial Ave., (360) 299-2650.



## Healthy Eating

by Suzie DuPuis RD  
Island Hospital Dietitian



### Baked Salmon with Lentil Quinoa Pilaf

#### SALMON:

4 cloves garlic, chopped	2 tsp ground black pepper
2 Tbsp olive oil	2 Tbsp lemon juice
2 tsp dried basil	2 Tbsp fresh parsley, chopped
1 tsp salt	4 (6 oz) salmon fillets

- Mix marinade ingredients in zip-lock bag. Place salmon fillets in bag; place in refrigerator and marinate for about 1 hour, turning occasionally.
- Preheat oven to 375 F
- Place salmon fillets in aluminum foil, cover with marinade and seal. Place in glass dish and bake 35-45 minutes, or until flakes easily.

#### LENTIL QUINOA PILAF

½ Tbsp olive oil	½ cup cooked lentils
1 small onion, diced	4 oz fresh mushrooms, chopped
2 cloves garlic, chopped	½ qt. (16oz) vegetable broth
½ tsp dried basil	Small bunch Swiss chard, stems removed
½ tsp dried oregano	
1 cup uncooked quinoa, rinsed and toasted *see below	

- Heat oil in a large pot over medium heat. Add onion and garlic and sauté until onion is tender. Mix in quinoa, lentils, herbs and mushrooms. Add broth. Cover and cook 15 to 20 minutes until broth is mostly absorbed.
- Remove the pot from heat. Mix in the shredded Swiss chard. Cover and allow to sit for 5 minutes to wilt the chard.

#### SERVE SALMON OVER THE PILAF.

*\*Toasted Quinoa. Toasting quinoa before cooking adds a lot of flavor and is well worth the extra step. After rinsing quinoa, place in a hot skillet stirring frequently until lightly browned.*

#### Approx Nutritional Analysis:

	Salmon	Quinoa Pilaf
Calories	365	224
Fat	68g	4.7g
Sodium	500mg	323mg
Carbohydrates	2.9g	36.6
Fiber	0.7g	6.2g
Protein	36.3g	9.6g

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).  
(Serves 4)

## Body Contouring

- Abdominoplasty
- Body lift
- Gluteal augmentation
- Liposuction
- Thigh lift
- Upper arm lift

[slepyanbodycontouring.com](http://slepyanbodycontouring.com)



David Slepyan MD  
Board Certified Plastic Surgeon



CENTER FOR  
AESTHETIC, RECONSTRUCTIVE  
& HAND SURGERY  
AT ISLAND HOSPITAL

360.588.2081 2511 M Ave., Suite C, Anacortes, WA 98221

Heartbeats is printed on recycled paper.

# 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.*

## Advance 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, Apr. 9, 9 - 10 a.m.

Where: Fidalgo Room

Cost: FREE

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.

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

Where: Merle Cancer Care Center  
Conference Room

Cost: FREE

Registration: 299-4200

## 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.

Mar. 1 - Apr. 5

May 3 - June 7

July 5 - Aug. 9

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., Feb. 18 & 19, 10 a.m. - 6 p.m.

Sat. & Sun., Apr. 14 & 15, 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, Feb. 20, 5 - 6:30 p.m.

Monday, Apr. 16, 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

### 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 discussion 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, Apr. 18, 4 - 5 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Michelle Bottorff

Registration: 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, Apr. 12, 3 - 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

## Cardiopulmonary Care Center Programs

### Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty, or stent placement in the past year, this monitored exercise program will help you increase your endurance and provide you with the necessary education you need to make lifestyle changes for better cardiac health. Call 588-2074 for more info.



# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## ***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 info.

## ***Heart Health Assessments***

For \$49, meet with our Cardiac Rehabilitation Nurse one-on-one to assess your cardiac risk factors. Appointment includes cholesterol, triglycerides and glucose blood tests as well as a 12-lead EKG interpreted by a cardiologist, 10-year risk projection and heart health education. Call 588-2074 for more info.

## ***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 info.

## ***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.

## ***Parenting***

### ***Positive Discipline: Effective Parenting Skills for All Ages***



Learn how to understand the meaning of your child's behavior and gain the parental tools to respond effectively. This three-session class will provide an overview of each developmental

stage a child experiences and show you how to support their growth as a mentally healthy person with functional coping skills. "Light bulbs" always go off for participants as they implement their new found parenting skills and watch undesirable behavior being eliminated. Free childcare will be provided, but **MUST** be prearranged by calling 299-1309, and space is limited. Sponsored by the Kiwanis Noon Club of Anacortes.

When: Wednesdays, Feb. 22, 29 & Mar. 7,  
6 – 8 p.m.

Where: Fidalgo Room

Cost: \$10 per household

Instructor: Kathie Ketcham MA, LMFT, CMHS

Registration: Mail in payment or call 299-1309

## ***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 twelve classes and just drop in. No experience required.

Beverly Swanson has been teaching dance for over 35 years.

When: Tuesdays, Mar. 6 – May 22,

6:30 – 7:30 p.m.

Where: Physical, Occupational & Speech

Therapy, Island Hospital Medical Arts Pavilion,  
1015 25th St.

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 on having a total knee or hip replacement, join a physical 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: Monday, Feb. 27, 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.

Amy Harrington is a Physical Therapist at Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, Apr. 12, 10 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington PT

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, May 9, 9:30 – 11 a.m.

Where: Fidalgo Room

Cost: \$10

Instructor: Island Hospital Physical Therapist

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

## ***Osteoporosis: Exercise & 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 with Physical, Occupational & Speech Therapy at Island Hospital and Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Thursday, May 10, 2:30 – 4:30 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

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## Self-Care

### Skin Care from Nature



Learn to make luxurious and healing skin care serums and treatments with essential oils, jojoba oil, carrot seed oil, rose hip seed oil and more! Make a 1/3 oz. smoothing, healing and

age-defying skincare product for your skin type.

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

When: Tuesday, Feb. 21, 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

### Stop your Sugar Cravings

Permanently change your relationship with sugar! It's not about deprivation, it's about freedom – the freedom to eat foods you love and have sweetness in your life without the side effects or the guilt. You will leave this class understanding the causes of your sugar cravings and you'll receive practical tools for dealing with them.

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

When: Tuesday, Mar. 6, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Sharon Swan

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

### Natural Cleaning Products

Learn to make your own natural cleansing powders and antibacterial sprays with pure essential oils! We will blend naturally disinfecting, antiviral and antifungal essential oils and pure, natural, ingredients such as vinegar and baking soda to make two effective great smelling cleaners!

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

When: Tuesday, Mar. 13, 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

### 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, Mar. 14, 9 – 10 a.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Alisha Kleindel MS, CCC-SLP

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: Tuesdays, Mar. 20, 27 & Apr. 3,

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

### 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, Mar. 28, 6 – 8 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

Registration: Leave a message at 299-4204

### Stress Relief with Aromatherapy

Learn to use essential oils to naturally help alleviate stress and even create your own

blend to take home! Historical uses and applications will also be discussed.

See "Skin Care from Nature" for instructors information.

When: Tuesday, May 1, 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 you get the nourishment you 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, May 2, 7 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$15

Instructor: Beverly Swanson

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

## Special Events

### Understanding Peripheral Artery Disease



Learn about the risk of developing peripheral artery disease (PAD) and what the treatment options are at a presentation by Dr. Vidhu Paliwal of Skagit Regional Clinics – Cardiology.

About 8 million Americans suffer from PAD, a condition in which the arteries in the legs become narrowed or clogged with fatty deposits or plaque.

When: Tuesday, Feb. 28, 6 – 7 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Vidhu Paliwal MD

Registration: Leave a message at 299-4204



# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## Diabetes and Your Feet



Join Podiatrist Timothy Messmer, DPM of Northwest Orthopaedic Surgeons to learn about how diabetes affects your feet, common foot problems, risk factors, proper foot care, shoe selection,

and how to keep your feet healthy.

When: Wednesday, Mar. 21, 7 – 8 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Timothy Messmer DPM

Registration: Leave a message at 299-4204

## Thinking about Abdominoplasty?



Learn all about abdominoplasty, a surgical option commonly referred to as a “tummy tuck” that contours the mid-section of the body, from Plastic Surgeon David Slepyan, MD of

Island Hospital's Center for Aesthetic, Reconstructive & Hand Surgery. Dr. Slepyan will discuss the motivations for the procedure, what it involves, who are the best candidates and why this surgery is often partially covered by insurance.

When: Monday, Apr. 2, 4 – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: David Slepyan MD

Registration: Leave a message at 299-4204

## Weight Management

### Overweight?

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

## 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 \$

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.

### 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.

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## 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

### **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

### **Alzheimer's**

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

### **Grief**

2nd & 4th Mondays, Noon – 1:30 p.m.  
Westminster Presbyterian Church,  
1300 9th 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

### **Loss of a Child**

2nd & 4th Thursdays, 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 support group. For more information about these support groups, please call 299-1309.



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



## *Hand Surgery*

- Arthritis
- Carpal tunnel syndrome
- Cubital tunnel syndrome
- Extensor tendon injuries
- Fractures of hand, wrist & fingers
- Ganglion cysts
- Nerve injuries
- Trigger finger



**David Slepyan MD**  
Board Certified Plastic Surgeon  
Fellow, American College of Surgeons

**360.588.2081**

[www.slepyanplasticsurgery.com](http://www.slepyanplasticsurgery.com)



CENTER FOR  
**AESTHETIC, RECONSTRUCTIVE  
& HAND SURGERY**

AT ISLAND HOSPITAL

2511 M Ave., Suite C, Anacortes, WA 98221



# 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.  
*La Conner Medical Center* - 1st and 3rd Thursdays of the month, 9 – 11 a.m.

## Hearing Screening

Are you having a hard time hearing as well as you used to? Help is available and easy once you have confirmed hearing loss. This screening will provide you with a simple hearing test provided by Dr. Holly Kennedy of the Anacortes Hearing Center. Appointments are required!

When: Tuesday, Feb. 28, 9:30 a.m. – 4 p.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

## Colon Cancer Screening

Colon cancer is one of the most common types of cancer leading to death in the United States, but with early detection it can be treated much easier. This screening will provide you with a take-home stool sample kit that can detect hidden blood, which can be a symptom of growths within the colon. Just complete the kit and return it to Anacortes Family Medicine. Your results will be mailed to you. No appointment required, just stop by to pick-up a kit. **You must be present to get a kit!**

When: Tuesday, Mar. 6, 9 – 11 a.m.

Where: Anacortes Family Medicine, 2511 M Ave. #B

Cost: FREE

Questions: 299-1309

## 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: Tuesday, Mar. 13, 10 a.m. – 2 p.m.

Where: Island Hospital Sleep Wellness Center, 1110 22nd St.

Cost: FREE

Appointments: Leave a message at 299-1367

## 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, Mar. 20, 9 – 11 a.m.

Tuesday, May 15, 9 – 11 a.m.

Where: Island Health Resource Center

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, Apr. 3, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10

Questions: 299-1309

## Vitamin D Screening

This screening will determine the level of Vitamin D in your blood. Studies have shown that low levels of Vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions. Your results will be sent to you in the mail. Appointments are required!

When: Tuesday, Apr. 10, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$45

Appointments: Leave a 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, May 8, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 299-1367



*Gifts & More at Island Hospital Volunteers present a \$10,000 installment on the \$100,000 pledge made to the Island Hospital Foundation, represented by IHF Development Coordinator Bernadette Molnar (right). Gifts & More Volunteers are (from left) Louise Kelly, Nancy Wilson, Anna Lewis, Diane Crawford (holding check), Carol Withrow and Joan Hallenbeck. If you are interested in helping Island Hospital's gift shop make big contributions, call Volunteer Coordinator Jenn Kube at (360) 299-1371.*

HEARTBEATS



WINTER 2012

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

Please give blood at Island Hospital

***Monday & Tuesday,  
March 26 & 27  
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.

Island Hospital  
Foundation  
1211 24th Street  
Anacortes, WA 98221

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

ECRWSS  
Resident



**Same-Day Appointments Available!**

**Walk-ins Welcome!**

**(360) 299-4211**

**2511 M Avenue, Suite B, Anacortes • [www.anacortesfamilymedicine.org](http://www.anacortesfamilymedicine.org)**

*We accept TRICARE & most insurance plans*