



Winter 2014

ISLAND HOSPITAL

# Heartbeats

*Magazine*



**Advanced  
wound care  
p. 12**

**Keeping it (very!) clean p. 10  
2014 Gala of Hope p. 21**

# Iversen brings business savvy to top Board post



*IH Board President Jan Iversen makes one of her frequent ferry crossings from her Guemes Island home.*

## Commissioner's Message

### Community Advisory Committee excels

*by Jan Iversen, President*

Island Hospital Board of Commissioners



*Jan Iversen*



*Paul Maughan  
PhD*

This past October the Island Hospital Board of Commissioners recruited and formed an ad hoc Community Advisory Committee (CAC) to collect opinions from our District about affiliating with a large healthcare partner. We were fortunate to have nearly 40 local highly qualified residents wanting to be a part of this information-gathering effort to help ensure our hospital continues to meet the healthcare needs of our community.

CAC co-chairman Paul Maughan and I selected eight community members who did an exceptional job in collecting information from people of all ages. The Board felt strongly that the data points were valid and reliable. Using open-ended questions, we were able to gain unexpected and valuable information on the healthcare concerns of our residents.

The key questions explored a potential affiliation with a large healthcare system. The Board was adamant about doing all we could to hear from our community following our year-long search for a large health-system partner that would meet our requirements and enhance the quality healthcare our community needs. Island Hospital established an inter-local agreement

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Jan Iversen, in her second term as an elected Island Hospital Commissioner, will serve as President of the Board this year. A retired business executive who has headed technology and aerospace companies, Iversen brings keen strategic perspective to the Board – a key asset as the Hospital reviews future options for affiliation, collaborations, expansion, fiscal stability and more.

Iversen, who has a long history of volunteering in the community and as an advocate for the interests of seniors and children, also is a staunch proponent of management by “walking around”. She is a familiar face in Island Hospital corridors and has served as a volunteer at the main lobby desk.

“I’ve always found that face-to-face is the best way to take the pulse of any organization”, says Iversen. “Having regular and unreserved communication with IH staff, employees, patients and their families and visitors offers a unique perspective on how we’re doing as a community healthcare provider and what we could do better.”

Iversen was a member of the IH Community Advisory Board and Feasibility Study Committee prior to and during the Hospital’s bond campaign and before her election to the Board of Commissioners. In 2013 she helped create and co-chair the Island Hospital Community Advisory Committee (see adjacent article). Iversen also is active in the Dr. Samuel G. Brooks Guild of Anacortes for Seattle Children’s Hospital, Hospice of the Northwest and Summit Assistance Dogs. She was voted Anacortes Volunteer of the Year in 2002.

Iversen, who is a fourth-generation Washingtonian, is the mother of three and grandmother of eight, plus three foster children. She and her husband, Richard, a retired Air Force Colonel and Anacortes native, live on Guemes Island. They are active in Guemes Connects and the Veterans Airlift Command, a national network of volunteer pilots and aircraft owners who provide free transport to wounded warriors, veterans and their families for medical or other compassionate purposes.

## DO YOU NEED HEALTH INSURANCE?

There is still time to find the best plan for your needs. The Washington Health Benefit Exchange has already signed up large numbers of people who have not previously had health insurance.

**Island Hospital** can help guide you through the enrollment process and help determine if you are eligible for tax credits or financial assistance. Leave a message at (360) 299-4924 and one of our In-Person Assistors will arrange an appointment at your convenience, either over the phone or in person.

You may also enroll directly via [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) or phone (855) 923-4633.

**Deadline for open enrollment is  
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For one-on-one assistance please call our  
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your call will be returned within 1 business day.



**ISLAND HOSPITAL**





# As I See It...

By Vince Oliver, IH Chief Executive Officer

## 2013 Leadership Retreat sets strategic direction

In November Island Hospital held its annual Leadership Retreat in Bellingham, bringing together the Board of Commissioners, Administration, Medical Staff officers and key community leaders. The specified purpose of the retreat was to:

- Discuss the real meaning of the recent decision to remain an independent organization
- Develop tactical action plans based on this decision, including:
  1. Near-term strategies to improve hospital performance
  2. Desired level of affiliation and timing (if applicable)
  3. Identify key milestones (financial, competitive, operation, etc.) to prompt the hospital to pursue an affiliation.

Retreat facilitators, ECG Management Consultants of Seattle, started the two-day meeting with an overview of the key challenges facing acute-care hospitals. These include:

- Declining revenue brought about by decreases in government-healthcare reimbursement, commercial-payer pressure for lower rates, and lower utilization of services.
- Increased costs and capital demands such as information-technology needs, physician strategies and capital investments in technology and facilities.
- New payment and business models based on new government-reimbursement programs that typically favor large organizations.

### Financial Challenges

Based on comparison data, Island Hospital's financial situation is considered stable, as we have grown patient revenue each year. Our days of cash on hand and age of facilities are better than the national average. We continue to enjoy an A- bond rating in a difficult healthcare market. However, our operating margin would be negative had Island not received *meaningful use* funds awarded by the federal government for meeting patient information-technology standards.

The financial problems become apparent when we look out a few years at our routine and strategic capital needs. Our routine equipment and information-technology expenses are budgeted at \$2.5 million for 2014. Over the next four years our routine and strategic capital expenses are forecast to exceed

\$20 million collectively.

The national healthcare financial picture is not particularly bright for small, independent hospitals; most indicators show that expenses will grow faster than patient revenue. However, opportunities do exist for IH, including:

- Joining a larger group purchasing organization (GPO). We are in one now, but opportunities may arise to join one that is more beneficial.
- Working harder to ensure that patients utilize Island Hospital for services we offer. We do have residents of our district travel for services we offer, such as cancer care.
- Adding services that our district would support.

### Sustained Vigilance

After our search for an affiliation with a large health organization -- along with Skagit Regional Health and Cascade Valley Hospital -- the Board followed community sentiment to remain independent at this time. However, should the financial picture worsen, the Commissioners understand that actions will need to be taken to meet the challenge. These include an affiliation, increased operational levy or other. For now, the Board asked Administration to present indicators, or warning signals, that serious action is necessary. At this time, it is felt that Island is financially secure, but we are closely monitoring our finances so we stay ahead of potential distress.

The final accepted strategic direction prioritized three initiatives:

- Immediately pursue a strategy to reduce supply costs by joining a larger GPO and standardizing supplies (including medical appliances).
- Initiate opportunities to streamline operational processes, to improve service levels and decrease costs.
- Pursue growth in surgery services.

All in all, this was an outstanding Leadership Retreat that produced definitive and, I believe attainable, strategic goals. I wish to thank all of those in attendance for contributing their time and input to maintain high-quality healthcare for our community. If you would like more detail on our Leadership Retreat, see the final report at [www.islandhospital.org/leadership](http://www.islandhospital.org/leadership).

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

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#### POSITION 2

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#### POSITION 3

Paul Maughan PhD

#### POSITION 4

Lynne M. Lang PhD

#### POSITION 5

A.J. "Chip" Bogosian MD

#### Heartbeats

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## Our Promise

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

# Lifeline welcomes new Coordinator John Insull

**Bill Walker re-retires after 12 years with medical-alert program**

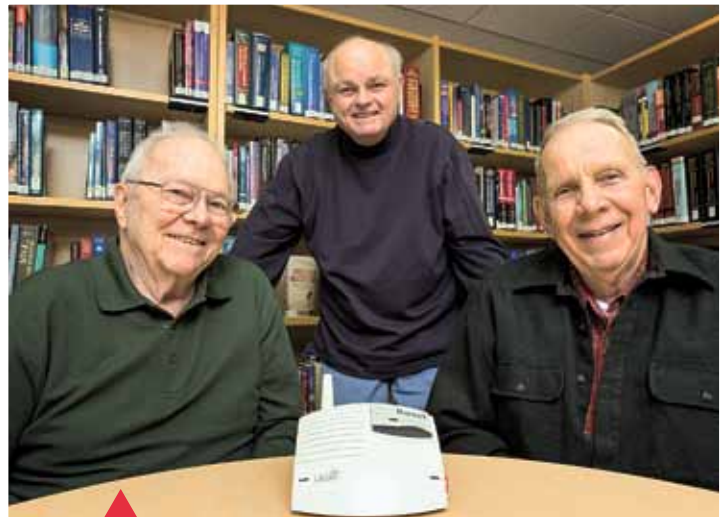
“After a dozen years of serving Skagit County Lifeline subscribers I’ve decided to retire again,” said Bill Walker, who recently left the position of Lifeline Coordinator. “My interaction with several hundred lifeline users has been very rewarding and satisfying. Maybe now I’ll become a customer, because I’m comfortable knowing the program is in very good hands.”

Walker graduated from the University of Washington with a degree in electrical engineering and worked for Shell Oil Company for 23 years. He started at the refinery in Anacortes and eventually retired here. After volunteering with the Lifeline program, Walker became Coordinator in 2003 and oversaw substantial growth as subscribers increased from 170 to more than 300.

John Insull recently took over as Lifeline Coordinator. With the continued assistance of Volunteer Craig Smith the transition is expected to be seamless.

“I’ve enjoyed volunteering at Island Hospital and wasn’t really considering a job, but after working with Bill and Craig, I’ve really come to enjoy doing this,” said Insull. “Lifeline is a great service that allows local folks to remain in their homes and retain their independence. It’s our job to make sure it’s the highest-quality medical-alert service available.”

Insull retired after 33 years in technical service with U.S. West Communications, where he oversaw the development and delivery of technical training for 14 western states. While living in Idaho, Insull was elected and served on the Syringa General Hospital Board of



*The Lifeline crew (from left) includes recently retired Coordinator Bill Walker, Volunteer Craig Smith and new Coordinator John Insull.*

Trustees. He volunteered there as well and provided medical transportation for seniors in Idaho County, Idaho. Since moving to Anacortes, Insull has volunteered at Island in Engineering and at the Surgery Liaison desk.

Shortly, Phillips Lifeline will be making more options available for the popular medical-alert program, including Home Safe Wireless, a service that requires no landline phone. In addition, Lifeline will be offering a system similar to cell-phone service.

For more information about Lifeline call (360) 293-7563 or visit [www.islandhospital.org/lifeline](http://www.islandhospital.org/lifeline).

## Holiday card for all seasons



*Fidalgo Elementary 5th grader Alkiya Cid’s art was selected for Island Hospital’s holiday card for 2013. Her winning art (inset) earned an ice cream party for teacher Jonathan Ruckdaschel’s entire class, served by Island Chief Executive Officer Vince Oliver and Chief Financial Officer Elise Cutter.*



## Anonymous donor helps keep young patients warm with homemade caps

Children who come into Anacortes Family Medicine (AFM) without a hat on this winter are being offered a chance to choose one in their size. A local woman, who prefers anonymity, sews and donates the hats, such as this one modeled by two-year-old Shane Robinson. AFM is at 2511 M Avenue, the same location as The Walk-In Clinic at Island Hospital.



## Jennifer Eichhorn ARNP joins Anacortes Family Medicine

Jennifer L. Eichhorn MN, ARNP, FNP-BC, has joined Anacortes Family Medicine (AFM) and also will see patients at The Walk-In Clinic at Island Hospital. A two-year resident of



Anacortes, she incorporates a holistic and wellness-oriented approach in her practice and strives to treat the "whole person".

Eichhorn earned a Bachelors degree in Biology/Anthropology from Western Washington University, Bellingham, WA and

an RN degree from Everett Community College, Everett, WA. She also holds a Masters in Nursing from Washington State University, Pullman, WA and Board Certification as a Family Nurse Practitioner. Her clinical experience includes tenures as a Primary Care and Family Practice provider at Bellingham Internal Medicine, and at North Whidbey Community Clinic, Oak Harbor. She also was a volunteer provider at the Free Clinic of SW Washington, Vancouver, WA.

Prior to joining AFM, Eichhorn served as a critical care nurse and emergency-room

technician at Providence Everett Medical Center, Everett; as a staff nurse at Legacy Health System, Portland, OR/Vancouver, and as a charge nurse and educator at Oregon Health & Science University's Neurologic and Cardiac Surgery Intensive Care units.

Eichhorn lives in Anacortes with her significant other, Chris, who works at Dakota Creek and their son, Cooper. She is pleased to be working in her community and when off-duty, she enjoys organic gardening, cooking and outdoor activities.

## Skagit Regional Clinics adds urologist

Army Arisco MD recently joined Skagit Regional Clinics – Urology and will serve patients in Anacortes and Mount Vernon.



She earned her medical degree from the University of Texas (UT) Health Science Center in Houston in 2000. Dr. Arisco then completed two years of general surgery (2002-04) and a four-year urology residency (2002-06) at the University of Alabama in Birmingham before returning to UT for a Neurology and Voiding Dysfunction fellowship (2006-08).

As a urologist, Dr. Arisco treats women and men with bladder-control issues including urinary urgency, frequency, urinary incontinence, difficulties emptying the bladder and retention.

A variety of treatment options are available, including medications and surgical remedies that can often vastly improve the symptoms that patients are experiencing. She noted that with careful evaluation, improvement of bladder control is possible.

"I can make a positive contribution for patients with conditions and symptoms that make them uncomfortable," Dr. Arisco said. Some of the treatments she provides can also offer help to those with fecal urgency and certain types of fecal incontinence.

In addition to bladder control issues, Dr. Arisco also cares for adults with a variety of urologic issues including: elevated PSA, blood

in the urine, erectile dysfunction, kidney stones, and pelvic prolapse in addition to numerous other common urologic complaints.

Dr. Arisco enjoys getting to know her

patients and looks forward to building her practice in Mount Vernon and Anacortes. "I like having long-term relationships with my patients and seeing them improve over time," she said.

Outside of the office, Dr. Arisco enjoys camping, canoeing, kayaking and bird watching.

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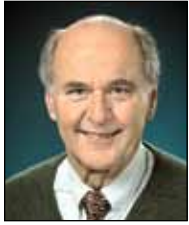
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## Psychiatry & Behavioral Health Program adds staff

*Two experienced professionals have joined the staff of Psychiatry & Behavioral Health at Island Hospital. The program offers individual and family mental-health services for all ages.*

### Dr. Backlund brings broad experience to IH program



After tenures managing community mental-health services in Skagit County and a thriving private practice in Mount Vernon, WA, Mark H. Backlund MD has joined the Psychiatry & Behavioral Health Program at Island Hospital.

Dr. Backlund received his medical degree from the University of Nebraska College of Medicine where he also served an internship in Psychiatry.

He completed a Residency in Psychiatry at the University of Wisconsin with an emphasis on Family Therapy. During that program he also explored and integrated a blend of biological, psychological and social factors into his approach to patient care.

For nearly three decades, Dr. Backlund served as Medical Director of Skagit Community Mental Health Center (now known as Compass Health) in Mount Vernon. During that time he also saw outpatients in an Anacortes satellite office and provided psychiatric consultation in the Island Hospital Emergency Department. Dr. Backlund later served as Chairman of Psychiatric Services at Skagit Valley Hospital, treating inpatients while maintaining a private outpatient mental-health counseling practice.

Prior to joining the IH Psychiatry & Behavioral Health Program, Dr. Backlund served as a staff psychiatrist for Cascade Psychiatric Services and was assistant medical director of Shifa Health PLLC, both private-practice mental-health-service providers in the region. Throughout his career, he has been a sought-after senior consultant and presenter on subjects including post-traumatic and dissociative disorders, trauma and other related conditions.

Dr. Backlund has been affiliated with a range of medical, environmental and conservation programs, initiatives and organizations. He has held membership in the American Psychiatric Association and the American Association of Community Psychiatrists. In 1996, he received that group's award for Outstanding Contribution to Public

Psychiatry and also has been recognized for outstanding service to American veterans. Dr. Backlund's other interests include initiatives to provide clean air and water, growth, land preservation and more.

In moving his practice back to Anacortes under the auspices of the P&BH program, Dr. Backlund says he is excited to rejoin the quality clinicians and mental-health practitioners at Island Hospital. "I have been impressed with the program's leadership and efforts to create community-directed programs such as the Anacortes School District outreach initiative," he said. "I look forward to being an active participant in these activities."

### Marilyn Holmes ARNP brings valued skills, experience



Marilyn Holmes ARNP brings clinical skills and experience to the multi-specialty team at the Psychiatry & Behavioral Health Program at Island Hospital. She has a BS in nursing and an MN in psychosocial nursing from the University of Washington (UW) and served as a Psychiatric Clinical Nurse Specialist, prescribing and managing patient medications at Community Mental

Health Services – now Compass Health – in Mount Vernon.

Prior to joining Island Hospital, Holmes was in private practice for 32 years. She later served as clinic chief of Mental Health Services at Group Health Cooperative, Federal Way, WA and as a group therapy leader with Divorce Lifeline, Seattle. She also was an instructor at Columbia Basin College, Pasco, WA; Kadlec Hospital, Richland, WA; and with the Department of Psychosocial Nursing, UW (extension).

A member of the American Psychiatric Nurses Association, Holmes also is certified as a Clinical Specialist in Adult Psychiatric and Mental Health Nursing by the American Nurses Credentialing Center.

Holmes has lived in Anacortes for 18 years with her husband, Bob, who retired from the Army as a Colonel and from the Boeing Company as an aeronautical engineer. She is looking forward to becoming part of the Island Hospital family.

### Dr. Lu joins Skagit Northwest Orthopedics

Dawei Lu MD is the newest member of Skagit Northwest Orthopedics (SNO), a division of Proliance Surgeons, a medical practice with offices in Mount Vernon and



Anacortes. He graduated from Tulane University in New Orleans, LA with a Bachelors in Biomedical Engineering and received a Doctorate of Medicine from Louisiana State University School of

Medicine in New Orleans. Dr. Lu also completed his Orthopaedic Residency at the Department of Orthopaedics of Louisiana State University. He was Orthopaedic Chief Resident at the University of Colorado, Denver and completed an Orthopaedic/Neurosurgery Spine Fellowship at the Rocky Mountain Spine Clinic in Lone Tree, CO.

Prior to joining SNO, Dr. Lu was employed at Multicare Good Samaritan Hospital, Puyallup, WA where his practice

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### NWO, SIO merge to form Skagit Northwest Orthopedics

Northwest Orthopaedic Surgeons (NWO) and Skagit Island Orthopedic Surgeons (SIO) have merged to form Skagit Northwest Orthopedics (SNO) under Proliance Surgeons Inc., one of the largest surgical practices in the country with more than 200 surgeons.

The newly formed Skagit Northwest Orthopedics will continue to operate at all its previous locations. The combined group

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## IH Cardiopulmonary Care Center adds new therapist



**J**ames W. Schermele RRT, has joined the Cardiopulmonary Care Center at Island Hospital and provides pulmonary rehabilitation services to patients, helping them regain function and improve their quality of life following surgery or living with disease.

Schermele is a graduate of the University of Montana, Missoula, MT. After a career as a landscape designer and nursery manager, he earned an Associate degree in Respiratory Therapy from the University of Montana College of Technology, Missoula.

Prior to joining the Island Hospital Cardiopulmonary Care Center, Schermele served as a respiratory therapist at the Billings Clinic, Billings, MT, where he gained experience in intensive care, emergency room and inpatient therapy. At St. Patrick's Hospital, Missoula, he assessed and provided therapy care to patients under the direction of a physician and was part of an international partnership team to eliminate MRSA and other infections in hospital settings. Recently he was a respiratory therapist at United General Hospital, Sedro-Woolley, WA, where he provided therapy assessments and treatment.

Schermele is now seeing patients at the IH Cardiopulmonary Care Center. For an appointment or more information, call (360) 299-4242.

### *Pulmonary Rehabilitation*

## **Do it for recovery, do it for life**

The outpatient Pulmonary Rehabilitation program at Island Hospital includes exercise and weekly classes on nutrition and other skills and methods to help patients live better, longer. You may benefit from Pulmonary rehabilitation if you suffer from:

- COPD
- Chronic Asthma
- Bronchiectasis
- Pulmonary fibrosis
- Interstitial lung disease
- Alpha-1 antitrypsin deficiency
- Lung-reduction surgery
- Lung transplant

If you have been diagnosed with one of the above-listed conditions, you must have a current Pulmonary Function Test (PFT) ordered by your doctor to enter the IH Pulmonary Rehabilitation program. Most insurance plans cover this service and it is reimbursed under Medicare. For information call (360) 299-4242.

## *Rev. Doug Fakkema oversees IH Pastoral Care*

**O**n his way to a Naval career or a line of work that employed his education in math and physics, Doug Fakkema made some major course corrections that changed his life. He left physics and the Navy behind to pursue a religious vocation.



After earning his Masters degree from Western Seminary in Portland, OR, Rev. Fakkema served in several churches and later completed a Masters program at Regent College in Vancouver, BC. Today he is pastor at the Anacortes Christian Reformed Church and Coordinator of Pastoral Care at Island Hospital, where he oversees the work of seven volunteer chaplains. In addition to being a volunteer chaplain himself, Rev.

Fakkema's work includes encouraging, scheduling, training and recruiting the gifted spiritual-care providers who make up this team.

Members of the IH Pastoral Care team spend hundreds of hours each year with hospital patients and their families – praying with them if called upon, but always offering quiet words of encouragement, support

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## **Chris Matala takes over Materials Mgt.**



**C**hris Matala brings strong communications and problem-solving skills – plus experience developing, implementing and managing organizational change – to his new position as Director of Materials Management at Island Hospital.

A graduate of Central Washington University, Ellensburg, WA with a Bachelors degree in Food Science & Nutrition, Matala also earned an MBA in Business Administration from St. Martin's College, Olympia, WA. Prior to joining Island Hospital, he was Supply Chain Operations/Purchasing Manager at Harrison Medical Center, Bremerton, WA, where he planned, organized and directed supply chain operations for the 300-bed hospital and 18 healthcare clinics.

Matala was owner and Operations/Sales Director of Matala

Insurance Agency in Port Orchard, WA and Internet Sales Executive at Toyota of Puyallup, Puyallup, WA. He has served as Director of Nutritional Services at Franciscan Health System, Tacoma, WA; Valley Medical Center, Renton, WA and Mid-Columbia Medical Center, The Dalles, OR. He also was Nutrition Services Operations Manager at MultiCare Health System, Tacoma.

Matala is a member of the Western States Healthcare Materials Management Association and has served as secretary and board member of that organization. He also is a member of the Association for Healthcare Resource & Materials Management and is an American Hospital Association Certified Materials & Resource Professional.

Matala sees his position as “providing strategic opportunities to be an effective steward of fiscal accountability and operational efficiencies through collaboration with all hospital constituencies.” He and his wife both have worked in healthcare fields and they and their three children enjoy outdoor activities, especially soccer.



# Sleep and learning



by Robert Reyna MD

**L**earning and learning disabilities have been a focus of intense research for pediatric medicine over the last several years. Although the best teaching methods for learning -- and how best to use medications for learning disabilities

remain open to debate -- a child's need for a good night's sleep to optimize their ability to learn is a fact all educators can agree upon. Research from the early 2000's showed that not only are most high school students not getting enough sleep, but they perform better in school when they are able to get as little as five or more extra hours of sleep per week.

## School Start Times

As we go through adolescence, our bodies natural internal clock tends to favor a later sleep time and later wake time. This, combined with the value of more sleep in teens, leads to the conclusion that school start times for older students may need to be later to achieve both adequate sleep time and to optimize sleep quality.

It was shown in the Minneapolis Public School District that this could be achieved by delaying school start times to better coincide with older students' natural sleep time.

## Health Benefits

Not surprisingly, this improvement in sleep was accompanied by improvement in attendance and enrollment rates, increased daytime alertness and decreased student-reported depression. Other studies have shown that when adolescents get more sleep they get better grades, reduce their risk of drowsy driving accidents and reduce risk of obesity and the metabolic and nutritional deficits associated with insufficient sleep.

## Sleep Disorders

Some sleep problems are more complicated than just bed-time and wake time. Obstructive sleep apnea, delayed sleep-phase syndrome and childhood insomnia are some of the pediatric sleep disorders for which children may need to be evaluated if they are not sleeping well. The Island Hospital Sleep Wellness Center can provide that evaluation if needed and the Island Hospital website has information that can help you decide if your child needs to be seen. Visit [www.island-hospital.org/sleepwellnesscenter](http://www.island-hospital.org/sleepwellnesscenter) to find this information.

## The Future

*There is a time for many words, and there is also a time for sleep - Homer*

When we look at the connection between sleep and learning we would be best served by making sleep a priority for our children. We need to promote the role a good night's sleep plays in helping us maintain good physical and emotional health.

Robert Reyna MD, Medical Director of the Island Hospital Sleep Wellness Center (SWC), specializes in pediatrics and sleep medicine. The SWC is located at 1110 22nd St., Anacortes, and be contacted at (360) 299-8676.



*Physical Therapist Holly Treadway (right) takes measurement during session with Connie "Coco" Haynes.*

## Physical therapy helps to ease TMJ discomfort

**C**onnie "Coco" Haynes, an affable grandmother with a big Louisiana drawl, had only lived in Anacortes for two years and didn't yet appreciate the perils of a Pacific Northwest winter.

"I didn't know about black ice and I took a bad fall that left me in pain and with a popping in my jaw when I opened and closed my mouth," she says. "But it wasn't until several months later, when I re-injured my jaw and could barely open my mouth, that I knew I needed medical help."

Haynes' doctor diagnosed her with temporomandibular joint (TMJ) dysfunction, a complex group of conditions characterized by chronic pain in the jaw joint and surrounding soft tissues that can limit jaw movement and affect the ability to speak, chew, swallow, make facial expressions and breathe. Other symptoms include headaches, ear pain and pressure, neck and shoulder pain and popping or clicking of the jaw joint.

After ruling out other medical conditions that might have caused her symptoms, Haynes' doctor referred her to Physical, Occupational & Speech Therapy at Island Hospital. There Physical Therapist Holly Treadway examined Haynes and pinpointed where manual therapy, stretching, massage and other physical-therapy modalities could ease her acute symptoms.

"I know she could barely eat at that point," says Treadway. "It was obvious that she was in a significant amount of pain and that was really limiting her day-to-day quality of life."

Over the next three months, Treadway worked with Haynes twice each week to ease alignment issues, muscle imbalance and other conditions caused by her injuries, to gradually reduce her stiffness and pain, restore mobility and improve her quality of life. "Now, thanks to Holly's good work, I can eat, brush my teeth and yawn without pain or jaw popping," Haynes says.

Today more than 35 million people in the U.S. suffer from TMJ dysfunction which may be caused by injuries to the jaw, autoimmune diseases, infections, dental procedures or various forms of arthritis. Physical therapy is a non-invasive treatment that can relax muscles, improve posture, ease pressure, relieve jaw pain and restore mobility.

If you have been diagnosed with TMJ dysfunction, ask your doctor if a physical therapy referral is right for you. Physical, Occupational & Speech Therapy is located in the Medical Arts Pavilion, 1015 25th St., Anacortes, WA. For an appointment, call (360) 299-1328.



## Full-service aesthetics center

Island Hospital now offers a full-service aesthetics center that includes plastic surgery, laser, injection and more. The Center for Aesthetic, Reconstructive & Hand Surgery provides these in a quiet and confidential location in the IH Medical Office Building at 2511 M Ave., Suite C.

### Kristy Anderson RN provides advanced aesthetic services

Aesthetic services are provided by Kristy Anderson RN, who has nearly 20 years of medical experience and more than 10 years in dermatology. Trained in advanced injection techniques, including the use of Botox and volumizing fillers, Anderson also will use her scientific knowledge and technical skills to perform non-surgical rejuvenation treatments. She prides herself on taking a conservative approach when assessing and performing the various injections. This ensures that patients are pleased with natural-looking results.

Utilizing the latest techniques and technology, Anderson provides a range of cosmetic services, including:

- **Botox** - This very popular treatment uses an injected formula that reduces facial wrinkles such as frown lines, crows feet, forehead furrows and neck "bands".
- **Dermal fillers** - These products are used to restore a youthful appearance – by adding fullness, and softening creases and wrinkles – using a "liquid facelift" technique.
- **Laser hair removal** - Utilizing advancements in laser technology, this is a safe and effective way to remove unwanted facial or body hair. The advanced system is suitable for all skin types.
- **Photofacials** - Performed with a laser, this procedure is great for treating rosacea, sun-damaged skin, age spots, facial veins and wrinkles.



*Staffing the Center for Aesthetics, Reconstructive & Hand Surgery are (from left) Plastic Surgeon David Slepian MD, Medical Aesthetic Nurse Kristy Anderson RN, Patient Appointment Coordinator Katy Woods and Patient Consultant Lacey Lang.*

- **Dermapen** - The ultimate in collagen rejuvenation, this service is perfect for minimizing wrinkles, scars, stretch marks and acne scars.

### David Slepian MD, Board Certified Plastic Surgeon

Dr. David Slepian MD whose extensive training and skills help patients reach their reconstructive and cosmetic surgery goals, provides surgical services at the Center for Aesthetic, Reconstructive and Hand Surgery.

Prior to opening his private practice, Dr. Slepian was Assistant Chief of Plastic Surgery at Portsmouth Naval Regional Medical Center, Portsmouth, VA; Director of the Microvascular Lab at Swedish Hospital, Seattle and Chief of the Plastic Surgery Division at Providence Medical Center, Seattle.

Plastic surgery services include:

- Breast reduction, augmentation, reconstruction & lift
- Brow, face & eyelid lift
- Fat grafting
- Rhinoplasty (nose)
- Abdominoplasty (tummy tuck)
- Body lift
- Mommy makeover
- Thigh & upper arm lift
- Liposuction
- Arthritis
- Hand Surgery, including arthritis, carpal tunnel, trigger finger and more .

For more information or a consultation, call (360) 588-2081 or email [plasticsurgeon@islandhospital.org](mailto:plasticsurgeon@islandhospital.org). Detailed information can also be found at [www.ihplasticsurgery.com](http://www.ihplasticsurgery.com)

## ARE SLEEP PROBLEMS HURTING YOUR CHILD?



Children's sleep disorders can cause difficulties with health, school, behavior, physical development and social interactions. According to recent studies, sleep problems occur in 25% to 30% of infants and children.

#### Symptoms include:

- Bedtime refusal
- Insomnia
- Sleepwalking; difficulty falling or remaining asleep
- Excessive daytime sleepiness, irritability
- Bed wetting
- Mood, behavior or school problems



For information call  
**360.299.8676**  
or visit  
[www.islandhospital.org](http://www.islandhospital.org)

ISLAND HOSPITAL  
**SLEEP WELLNESS  
CENTER**

1110 22nd St., Anacortes

HCA Center of  
Excellence/Preferred  
Provider



## Support Department Spotlight

# Sterile Processing keeps it (very!) clean

The Sterile Processing Department plays a critical role ensuring safe, high-quality patient care at Island Hospital.

The six-person staff – reporting to Materials Management Director Chris Matala – has five certified registered central service technicians (CRCST) certified by the International Association of Healthcare Central Service Materiel Management (IAHCSMM).

“We have a group of people who really enjoy working together and support each



With devices cleaned by the washer-decontaminator (background), a surgical-instrument tray is assembled by Sue Coggins.

other,” said Department Lead Susan Stratton.

Sterile Processing ensures that sterile and non-sterile medical and surgical supplies and equipment are decontaminated, processed, sterilized, stored and used for patient care. Technicians in Sterile Processing provide many important services, including:

- Decontamination procedures
- Preparation and packaging for sterilization
- Sterilization procedures monitoring
- Product-quality maintenance, rotation
- Inspection and inventory control of supplies, instruments and equipment.

Sterile Processing technicians are responsible for controlling and monitoring medical devices and administering safe practices that benefit hospital staff, patients and the community at large. This staff provides the cleaning, decontamination, sterilization and

A full rack of instruments is loaded into the sterilizer by Carrie Shelton. At door is Sue Coggins while Kelly Schaefer shares a laugh.



Sterile Processing staff includes (from left) Kelly Schaefer, Carrie Shelton, Sue Coggins and Director Chris Matala.

inspection of surgical instruments, devices and implants in compliance with established AAMI (Association for the Advancement of Medical Instrumentation) and ANSI (American National Standards Institute) standards.

Support Department Spotlight is a feature presenting Island Hospital departments that typically operate behind the scenes providing services vital to the delivery of medical care.

## Front-lobby renovation brings faster Registration, Lab services

Island Hospital Laboratory and Patient Registration will soon be available at the 24th Street entrance once the front-lobby renovation is complete.

According to Director of Revenue Cycle Kay Steiner, “this change will allow patient registration at the 24th Street entry primarily for lab and surgery patients. We will also designate short-term parking near this entrance for expedited registration and lab service.”

The goal is to register and provide lab services so our patients can get in and out within 20 minutes,” she adds. “I believe it may go even faster than that.”

It is expected that the renovation project, featuring streamlined lab service, will be completed by spring.

To achieve this goal, several other services and offices must be moved and space

remodeled ahead of the respective moves. The sequence of moves involves Surgery Education, Pastoral Care, Gifts & More and Environmental Services:

- The hospital chapel will be moved to a new space as yet to be determined. A location near central registration and the Emergency Department is being considered.
- Gifts & More, the hospital gift shop, will move into the vacated chapel location.
- Two new, semi-private registration offices will be constructed in the vacated gift shop space, and a new information/registration desk will be placed in the front lobby (24th Street entrance).
- Lab draw stations will be relocated to near the main entrance at 24th Street.
- A new financial counseling office will be constructed in central registration to assist with financial needs.



Registration will remain in the central lobby as well, primarily for scheduled services (such as diagnostic imaging), with the Emergency Department registration also remaining at the 26th Street entrance.

NBBJ – the architect firm responsible for the highly successful \$40.5 million Renovation & Expansion Project, completed in 2008 – will serve as architect for this project, and Quantum Construction of Anacortes is serving as contractor.



# Focus on women's health continues beyond retirement

**N**ora McMillan RNC, ARNP, recently retired from the Prenatal Care Center at Island Hospital, but this 20-year veteran hasn't slowed down much. "I continue to work at Island Family Physicians as a women's healthcare nurse practitioner and I still spend a day each week at the (Island Hospital) Teen Clinic," says McMillan. "I look on this change as less like retirement and more as a change of hours."

McMillan received a Bachelors degree from the University of Washington, Seattle, WA and earned a Masters of Science leading to an RN degree in Nursing from Pace University, NY. She worked for 12 years at Swedish Hospital, Seattle in many areas of women's health before coming to Island Hospital in 1989 where she was head nurse in Labor and Delivery. After returning to school for her nurse practitioner degree, she joined the Island Prenatal Care Center where she has provided exceptional care for underserved pregnant women, new mothers, infants and their families for two decades.

"It's important that these moms and babies get off to a good start," says

McMillan. "That means giving them information they can use – from good nutrition and health habits during pregnancy, to support in breastfeeding and infant care – both in the hospital and in postnatal home visits."

Home visits were sometimes a revelation for McMillan. "I visited a young couple who had gone home to live with their parents after the birth of their baby. They lived in one room and had few possessions, but I could see that they cared deeply about that child, and I felt sure they were all going to do well," she said.

After 20 years in the Prenatal Care Center, McMillan now is seeing the children of her earliest patients coming to the hospital to have babies of their own. "Some of our moms may not have a lot of resources, but at the Prenatal Care Center they'll still get the very best in counseling and care for themselves, their babies and their growing families," she said.

McMillan and her husband, Dave, live in Anacortes, and while not yet ready for total retirement, she hopes to see more of her grandchildren on her more relaxed schedule.



*Nora McMillan ARNP (left) has helped hundreds of mothers and newborns – including infant Elianah Zavala and mom My Ngo – in her 20 years at the Island Prenatal Care Center.*

For an appointment or more information, call Island Family Physicians at (360) 293-9813.

## MD or DO? Physicians with similar training, different approach

**T**ime was when you sought primary medical care, it was probably delivered by a physician with an MD after his or her name. Today your family or general practice doctor is increasingly likely to be a DO, an osteopathic physician, rather than an MD, a medical or allopathic physician. But what are the differences between the two, and what do those differences mean for you as a patient?

Medical professionals who earn either of these degrees have undergone much the same rigorous levels of education and training:

- Both DOs and MDs are licensed physicians and typically have a four-year undergraduate degree in addition to four years of medical training
- Both can choose to practice in a subspecialty area of medicine, which requires completion of a 3- to 7-year accredited residency program
- Both must pass exacting state-licensing examinations to practice medicine, perform surgeries and prescribe medications
- Both can choose to practice in any specialty of medicine in licensed and accredited healthcare facilities.

The main difference between these two types of physician lies in their philosophy and approach to patient care. While MDs practice what has come to be referred to as "western medicine" and largely treat symptoms of disease diagnosed in patients with remedies such as medications or surgeries, DOs approach medical conditions from both a



*Susanne Wilhelm DO*



*Scott Harrison MD*

medical and lifestyle perspective. They regard the body as an integrated whole in which illness or injury to one part can affect other parts. In addition to other medical options, they may use osteopathic manipulative treatment – the use of their hands – to diagnose illness or injury and to stimulate the body's natural ability to heal.

Currently there are six osteopathic physicians at Island Hospital medical practices, including Susanne Wilhelm DO, who has been with Fidalgo Medical Associates since 2011. "My approach to patient care includes a number of modalities," says Wilhelm. "I often use my hands to determine what is creating disturbances in my patient's body, remove the interference and help restore homeostasis and normal function."

There are approximately 47,000 DOs practicing in the U.S. today, accounting for only 5% of this country's physicians. Because of their "whole body" approach, more than half of all DOs choose to deliver primary care -- including family and internal medicine, obstetrics and pediatrics.

However, currently across the nation there are DOs practicing in nearly all medical specialties and there is a growing similarity between the two types of physicians, according to Scott Harrison MD, Chief of Medical Staff at Island Hospital. "I believe the differences between DO and MD physicians will continue to diminish as both embrace evidence-based practices and holistic medicine together."



# Wound Care & Hyperbaric Medicine Center



Dr. Enrico Versace discusses hyperbaric treatments with diving professionals.

## Education, outreach essential for wound care

Education and outreach are essential functions of the Wound Care & Hyperbaric Medicine Center at Island Hospital. Since 2001, clinic Manager Betty Hanrahan CWCN-AP, MSN, ANP, has taught wound care through the Continuing Nursing Education program at the University of Washington, School of Nursing.

"With a newer program such as ours, and cutting-edge wound-care therapies that continue to be developed, it is important that we educate and work closely with our local medical community," said Hanrahan.

In coordination with IH Nursing Education Coordinator Kathy Corrion RN, clinic staff presented Fundamentals in Wound Care for hospital and clinic nurses.

Educational programs were held in Anacortes and Sedro-Woolley for healthcare providers in these communities. Programs were also held for medical professionals in the Swinomish Tribal Community and another on ostomy at the Swinomish Lodge.

In addition, connecting with the Washington State Department of Fisheries brought local diver-safety officers from the northern Puget Sound to learn about the clinic. "This group of professional divers and safety officers were very impressed with our hyperbaric services," noted Hanrahan.

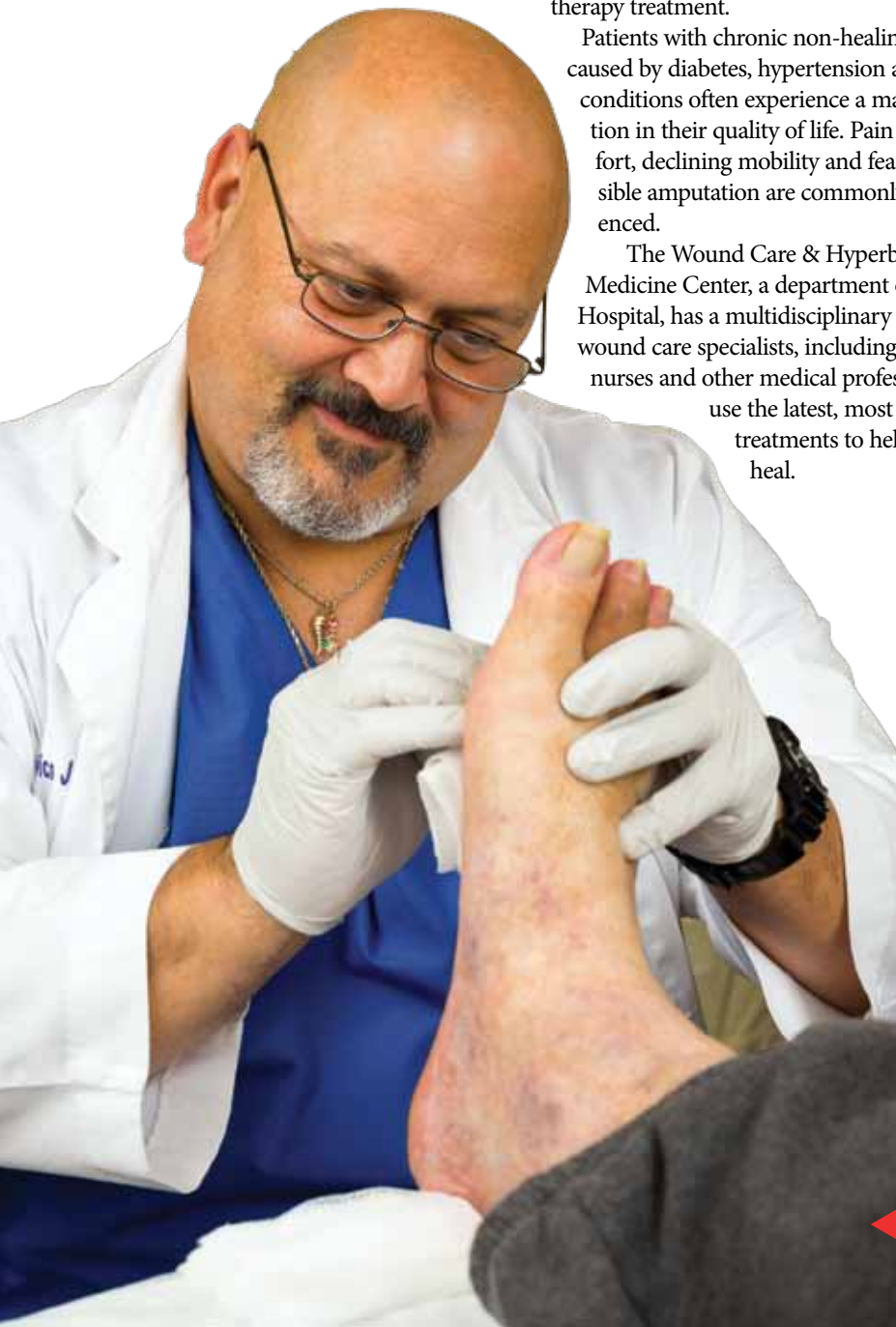
## Providing the latest in high-quality, advanced wound services

Approximately 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 pressure and temperature, and offers communication and entertainment options for patients. This special technology delivers treatment for non-healing wounds and ulcers.

Wounds treated include:

- Diabetic ulcers
- Pressure ulcers
- Post-surgical non-healing wounds
- Venous 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 that patients can watch movies during treatment to help pass the time.

For information call (360) 899-4600 or visit [www.islandhospital.org](http://www.islandhospital.org).

Enrico Versace MD provides high-quality services at the Wound Care & Hyperbaric Medicine Center at Island Hospital.

## Surprised by hyperbaric-treatment effectiveness, very impressed with Wound Care staff

In fall 2012, Anacortes resident Suzanne Martin-Gowen was facing oral surgery, but her surgeon said she needed hyperbaric oxygen therapy (HBOT) before he could perform the operation. She thought she would have to travel out of town to access this service, but was delighted to learn that HBOT was available at Island Hospital.

"I had radiation therapy for cancer in my jaw in the 90s and the oral surgeon told me that there was a very high risk of my bones breaking in surgery if I didn't strengthen them with hyperbaric treatments," said Martin-Gowen. "The surgeon told me that if I got the hyperbaric treatments he could do what he needed to do without any risk of breaking bone."

The articulate Martin-Gowen heard about the Wound Care & Hyperbaric Medicine Center at Island Hospital and met with Dr. Enrico Versace. "I had four weeks of treatment before, and for two weeks following the oral surgery. The surgery and recovery process went very well."

Martin-Gowen lives on Lake Erie and



enjoys the outdoor activities of the area, including gardening, going to the beach, hiking and "just being outside."

She wasn't at all concerned about being in a pressurized chamber since "you can't see it and don't feel like you're 'in' anything. Plus, I got to watch movies (during treatment) and the clinic staff made sure I was relaxed and as comfortable as possible – and they checked in on me

often."

Martin-Gowen is very impressed with the clinic staff, who she described as "just outstanding, compassionate and informative."

Due to residual pain in her jaw from the past radiation treatments, she came back to the Wound Care & Hyperbaric Medicine Center in 2013. "I came in for another three weeks last year," Martin-Gowen said. "These did so much for me, I felt renewed. Even other physical concerns were alleviated."

She now can enjoy her favorite activities without pain: "socializing and going to events like festivals and fairs." As long as it's outdoors.



Suzanne Martin-Gowen enjoys the area's natural beauty such as her "backyard" on Lake Erie.



# Health & Wellness

## Classes, Screenings & Support Groups

*Prepayment is required.*

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

### THREE EASY OPTIONS FOR REGISTRATION



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



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



Call (360) 299-4204

## Classes

### ADVANCE HEALTHCARE DIRECTIVES

#### 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. 14, 10 – 11 a.m.*

*Where: Fidalgo Room*

*Cost: FREE*

### 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: Tuesdays, Mar. 4 – Apr. 8, 6 – 8:30 p.m.*

*Tuesdays, May 6 – June 10, 6 – 8:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

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

*Registration: 299-1309*

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

#### 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., Apr. 5 & 6, 10 a.m. – 6 p.m.*

*Sat. & Sun., June 7 & 8, 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*

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

#### 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, Feb. 26, 4 – 5 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Michelle Bottorff*

#### 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, Mar. 10, 5 – 6:30 p.m.*

*Monday, May 12, 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*

## 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. 10, 3 – 5 p.m.*

*Thursday, June 12, 3 – 5 p.m.*

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

*Cost: FREE*

*Questions: 299-1309*

## 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*

## 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



# Classes, Screenings & Support Groups

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 299-4242 for more information.

## Pulmonary Rehabilitation

Are you unable to do the things you used to do because of shortness of breath and fatigue? Pulmonary Rehabilitation may be the answer. An Exercise Specialist will teach participants exercises that will increase strength and decrease fatigue. Also, learn about the cardiopulmonary system, medications and nutrition to maximize strength and endurance. This course is Medicare-approved and may be covered by insurance. Call 299-4242 for more information.

## CARDIOPULMONARY RESUSCITATION (CPR)

### Family & Friends® CPR

This video-based American Heart Association course teaches adult Hands-Only™ CPR, adult AED (automated external defibrillator), child CPR/AED and infant CPR, as well as how to relieve choking. Intended for those that do not need a course completion card for employment or other requirements.

*When: Thursday, Mar. 13, 2 – 4 p.m.*

*Where: Fidalgo Room*

*Cost: \$20*

*Instructor: Nichole Stettler*

## DIABETES EDUCATION

### Diabetes Self-Management Education Program

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

## DRIVER'S SAFETY

### AARP Smart Driver

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

*When: Thursday & Friday, Feb. 20 & 21, 9 a.m. – 1 p.m.*

*Thursday & Friday, Mar. 20 & 21, 9 a.m. – 1 p.m.*

*Where: Fidalgo/Burrows Rooms*

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

*Instructor: Jack Porter*

## HEALTH INSURANCE

### Medicare 101: Understanding Your Medicare Choices

Do you need help deciphering the Medicare puzzle? Join us to learn more about traditional Medicare coverage, Medicare Advantage plans, prescription drug coverage, gaps, enrollment and fraud protection.

*When: Monday, Mar. 3, 1 – 2:30 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: SHIBA Volunteer*

## 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 3-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. Sponsored by the Kiwanis Noon Club of Anacortes.

*When: Wednesdays, March 5 - 19, 6 – 8 p.m.*

*Where: Fidalgo Room*

*Cost: \$10 per household*

*Instructor: Kathie Ketcham MA, LMFT, CMHS*

## 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: Thursday, Mar. 27, 1 – 2:30 p.m.*

*Thursday, May 8, 1 – 2:30 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Island Hospital Physical & Occupational Therapists*

### Golf Fitness



**NEW!** Learn how strength, flexibility and coordination can influence your golf swing. Try out some exercises to help improve your game. Malcolm McPhee is a Doctor of Physical Therapy at Physical, Occupational & Speech Therapy at Island

Hospital and is a certified Titleist Performance Institute Golf Fitness Instructor.

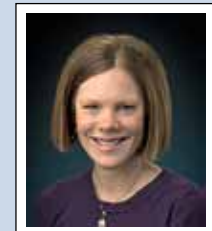
*When: Wednesday, Apr. 16, 2 – 3 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$10*

*Instructor: Malcolm McPhee DPT*

### 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. 24, 2 – 4 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$10*

*Instructor: Amy Harrington PT*

### Osteoporosis: Exercise and Nutrition

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

Linda Lewis is a Physical Therapist at Physical, Occupational & Speech Therapy at Island Hospital and Suzie DuPuis is a Registered Dietician at Island Hospital.

*When: Wednesday, May 7, 3 – 5 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$10*

*Instructor: Linda Lewis PT & Suzie DuPuis RD*



# Classes, Screenings & Support Groups

## SELF-CARE

### Green Spring Cleaning



Blend naturally disinfecting essential oils and other natural ingredients such as vinegar and baking soda to make great smelling cleaners. Learn to make a multi-surface disinfecting spray, fizzing cleansing powder and carpet powder. Make

two to take home.

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

*When: Monday, Mar. 3, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20, includes supplies*

*Instructor: Michelle Mahler*

### 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: Wednesdays, Apr. 2 – 16, 6:30 – 8:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$48*

*Instructor: Jan Hodgman MA*

### 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, Apr. 30, 10 – 11:30 a.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Alisha Kleindel MS, CCC-SLP*

### Mother's Day Aromatherapy

Learn to create various aromatherapy blends to help relieve a variety of ailments. Bring your mother for a fun workshop or come to create a blend to give as a gift or as a treat for yourself!

*See "Green Spring Cleaning" for instructor's information.*

*When: Monday, May 5, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20, includes supplies*

*Instructor: Michelle Mahler*

## SPECIAL EVENTS

### Arthritis: What is it?

### What can you do about it?

Join Rheumatologist Kevin Welk, MD of Skagit Regional Clinics to learn all about arthritis. Dr. Welk will discuss different types of arthritis including osteoarthritis, rheumatoid arthritis, gout and other types of inflammatory arthritis. Treatment options and appropriate exercises will also be presented.

*When: Wednesday, April 23, 6 – 7 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: FREE*

### The Many Faces of Melanoma



Dermatologist Amber Fowler, MD of Rosario Skin Clinic will discuss the many different ways melanoma can show up on your skin and how it is diagnosed.

*When: Wednesday, May 21, 6 – 7 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: FREE*

## 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.

### Weight Watchers™

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

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

*Where: Island Hospital Cypress Room*

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

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

## OTHER RESOURCES

### HIV/AIDS Training for Licensure

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

### Island Prenatal Care Center

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

### 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 at (360) 293-7563 or [jinsull@islandhospital.org](mailto:jinsull@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 Wednesdays from 2 – 5 p.m. We are located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

REGISTRATION  
OPTIONS

1.

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

## Support Groups

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

### Art & Healing for Cancer Patients

1st & 3rd Wednesday, 1 – 3 p.m.  
Merle Cancer Care Center Conference Room  
Contact: 299-4200, registration required

### Parkinson's

3rd Thursday, 1:30 – 3 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

### Willis-Ekbom Disease (Restless Leg Syndrome)

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

## ANACORTES SUPPORT GROUPS

### Alzheimer's Association - Caregivers

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

## SKAGIT COUNTY SUPPORT GROUPS

### Grief

Every Thursday, 3:30 – 5 p.m.  
Hospice of the Northwest,  
227 Freeway Dr. Suite A, Mount Vernon  
Contact: (360) 814-5550

### Loss of a Child

1st Monday, 5:30 – 7 p.m.  
Hospice of the Northwest,  
227 Freeway Dr. Suite A, Mount Vernon  
Contact: (360) 814-5589 (Pre-registration required)

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.



## Helping seniors remain in charge and at home

For many seniors, aging in place means living independently in their own homes and not having to move to secure support services necessary to their changing needs. They may fear dependency and the loss of control over where and how they receive care as they age. But today research shows that even small changes in living space and everyday strategies can help seniors remain independent and in their homes longer.

In many states there are public programs that help pay for personal care and other services for qualified persons living in their own homes. COPES, the Community Options Program Entry system administered by the Washington State Department of Social and Health Services (DSHS), provides such services.

Eligibility for COPES is based on income level and the need for assistance in daily living because of certain physical or cognitive disabilities. Once eligibility is established, COPES can help pay for personal-care services in a recipient's home, either to a private agency or to a designated individual service provider. Persons receiving

personal-care services in their homes also have access to other paid services including:

- Home-delivered meals
- Home-health aides
- Skilled-nursing care
- Adult day care
- Training to manage everyday living tasks

All COPES recipients receive Medicaid coverage for medical expenses including:

- Physician's care
- Prescription drugs
- Home-health services
- Planning and monitoring of care
- Payment of Medicare premiums, co-payments and deductibles.

COPES also may help pay for care in a group facility or home with payments that depend on the type of facility and its location.

If you believe that you or a family member is eligible to receive care at home or in a facility under the COPES program, contact Home and Community Services at (866) 608-0836 and request a COPES application.

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

3. Call (360) 299-4204



# Classes, Screenings & Support Groups

## Health Screenings

Sponsored by the 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.*

### 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. 25, 9:30 a.m. – 4:30 p.m.*

*Where: Island Health Resource Center*

*Cost: FREE*

### Colon Cancer Screening

Colon cancer is one of the leading 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! Call 299-1309 for questions.

*When: Tuesday, Mar. 4, 9 – 11 a.m.*

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

*Cost: FREE*

### 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. 11, 9 – 11 a.m.*

*Tuesday, May 13, 9 – 11 a.m.*

*Where: Island Health Resource Center*

*Cost: FREE*

### Skin Cancer Screening

Have your skin visually checked for any abnormalities by Randy Banks, MPAS, PA-C of Rosario Skin Clinic. Appointments are required.

*When: Tuesday, Mar. 18, 8 a.m. – noon*

*Tuesday, May 20, 8:30 a.m. – noon*

*Where: Island Health Resource Center*

*Cost: FREE*

### 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. Call 299-1309 for questions.

*When: Tuesday, Apr. 8, 8 – 11 a.m.*

*Where: Island Health Resource Center*

*Cost: \$10*

### 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, Apr. 15, 9 – 11 a.m.*

*Where: Island Health Resource Center*

*Cost: \$5*

### Sleep Apnea Screening

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

*When: Friday, April 18, 10 a.m. – 2 p.m.*

*Where: Island Hospital Sleep Wellness Center,*

*1110 22nd St., Anacortes*

*Cost: FREE*

### Vitamin D Screening

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

*When: Tuesday, Apr. 22, 9 – 11 a.m.*

*Where: Island Health Resource Center*

*Cost: \$45*

## TO SCHEDULE A SCREENING APPOINTMENT



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



Call (360) 299-1367

### Pulmonary Function Screening

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

*When: Thursday, May 15, 8 a.m. – noon*

*Where: Island Health Resource Center*

*Cost: FREE*

## Are you or a loved one traveling out of the area for cancer care?

The Merle Cancer Care Center at Island Hospital, Anacortes, provides compassionate, patient-directed care that is accredited by the Commission on Cancer of the American College of Surgeons.

Services include:

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

For info call (360) 299-4200 or visit [www.islandhospital.org/cancercarecenter](http://www.islandhospital.org/cancercarecenter)

# THANK YOU FOR YOUR SUPPORT IN 2013!



## STORIES OF GRATITUDE

We are thrilled to receive overwhelming support through our annual appeals. Behind every patient seen at Island Hospital, there are hundreds of compassionate people - staff, volunteers and donors - dedicated to helping. Please continue sharing your stories of hope and healing at: [www.islandhospitalfoundation.org](http://www.islandhospitalfoundation.org).

## CASINO ROYALE GALA OF HOPE

The 2013 Gala of Hope was an amazing success. Over 300 guests enjoyed "Casino Royale" on April 26, 2013, raising over \$242,000! At this special 10 year anniversary, a film was created featuring Island Hospital CEO Vince Oliver being held for ransom and several local dignitaries including the Mayor, Chief of Police and friends of the Foundation. Tickets are now available on our website for our next exciting event, the 2014 Gala of Hope themed "Arabian Nights."



## NEW SURGICAL EQUIPMENT WITH SUPPORT OF STAFF

The surgical staff at Island Hospital helped launch a hospital-wide fund drive which resulted in the most successful Heartstrings ever. Over \$13,000 was raised by staff prior to the Gala and prompted guests to raise their paddles for another \$100,000 to purchase a new laparoscopic tower for surgery. This photo shows the team who had the privilege of using it first. Our next Heartstrings item will be Smart Pumps.



## ISLAND HOSPITAL GOLF CLASSIC

144 golfers joined CEO Vince Oliver for the Annual Golf Classic at Skagit Golf & Country Club on August 6, 2013. With support from many sponsors, businesses and individuals, over \$80,000 was raised for Island Hospital programs and services.

*iGive...*

Employees are the backbone of our hospital. Their demonstration of quality care is evident in the numerous letters we receive from patients. In addition, many of our staff pledge funds through payroll deductions, amounting to over \$25,000 in 2013!



## GIVING HIGHLIGHTS

Businesses, corporate partners, community organizations and individual donors made it possible for Island Hospital Foundation to transfer over **\$550,000** to Island Hospital in 2013! These funds support Community Health Screenings, our Health Resource Center, medical relief grants and a Mental Health Intervention Program in partnership with the Anacortes School District. Our partnerships with donors and community organizations make it possible to maintain vital programs such as these. Please contact the Foundation office for a copy of our Annual Report which provides a list of contributors and how funds are put to use for patient care every day.



## Increasing support for high-quality, local care

by **Mark Backman MD, President**  
Island Hospital Foundation  
Board of Directors



**I**t is my privilege to serve as president of the Island Hospital Foundation Board along with a group of committed community members who bring a range of valuable experience

and skills to the Foundation Board. With assistance from an able professional staff and the hard work of dedicated volunteers, we hope to provide new levels of fundraising support for Island Hospital and its mission to deliver top-quality, compassionate, close-to-home healthcare in our community.

As a physician, I see first-hand the positive difference that contributions to the Island Hospital Foundation can make in the lives of patients and their families. We support programs that reach out to underserved members in our community, services that help keep seniors and others healthier, longer, and purchase new equipment and technologies to improve delivery of care while sustaining a healing environment. All of this is made possible through generous philanthropic support from our community.

This year the Foundation's theme is "Inspiring Hope", which reminds us that as a community we all have a stake in Island Hospital's promise of excellence in health-care. For each of us, the future could hold a trip to the IH Emergency Department, the Intensive Care Unit, Diagnostic Imaging or other departments. That's why efforts by the Foundation to help secure a sound future for our hospital are so important and so personal.

I join with other members of the Board in inviting you to learn more about Island Hospital Foundation and its ongoing efforts to help fund new equipment, services and facilities at our hospital. Visit the Foundation website to share patient success stories. We welcome your interest and we are grateful for your ongoing and generous support.

## Foundation welcomes three new board members



**Dixie David**

With 40 years experience in the financial service industry, Dixie David understands the importance of great customer service and what it takes to help businesses and organizations sustain fiscal stability and achieve growth. She currently is with the Anacortes branch of Whidbey Island Bank and has been active in a range of community service organizations. She and her husband, who is retired from the Boeing Company, have lived for nearly a decade in Anacortes where they enjoy the area's many outdoor amenities.



**Desha A. Furin**

Desha Furin CPA has more than 20 years experience as a financial accountant and tax specialist, offering her clients insightful advice and assisting them in achieving their business and personal financial goals. She is a stockholder in Furin & Company in Anacortes and has developed a strong expertise in information technology products and systems to serve clients in several industries including construction, real-estate development, restaurant/hospitality and more. Furin lives in Anacortes with her husband and two sons and enjoys entertaining, cooking, hiking and reading.



**Troy W. Kunz**

A financial advisor and partner in Edward Jones Investment, Troy Kunz brings a range of experience as a university professor, military intelligence officer and former board member at United General Hospital, Sedro-Woolley, WA, to the Foundation board. His success in creating results-oriented fiscal strategies for a number of different businesses and his membership in community organizations also will add value to the Board. Kunz and his wife, Joyce, a retired librarian, live in Anacortes where he enjoys SCUBA diving, long-distance bike riding and reading.

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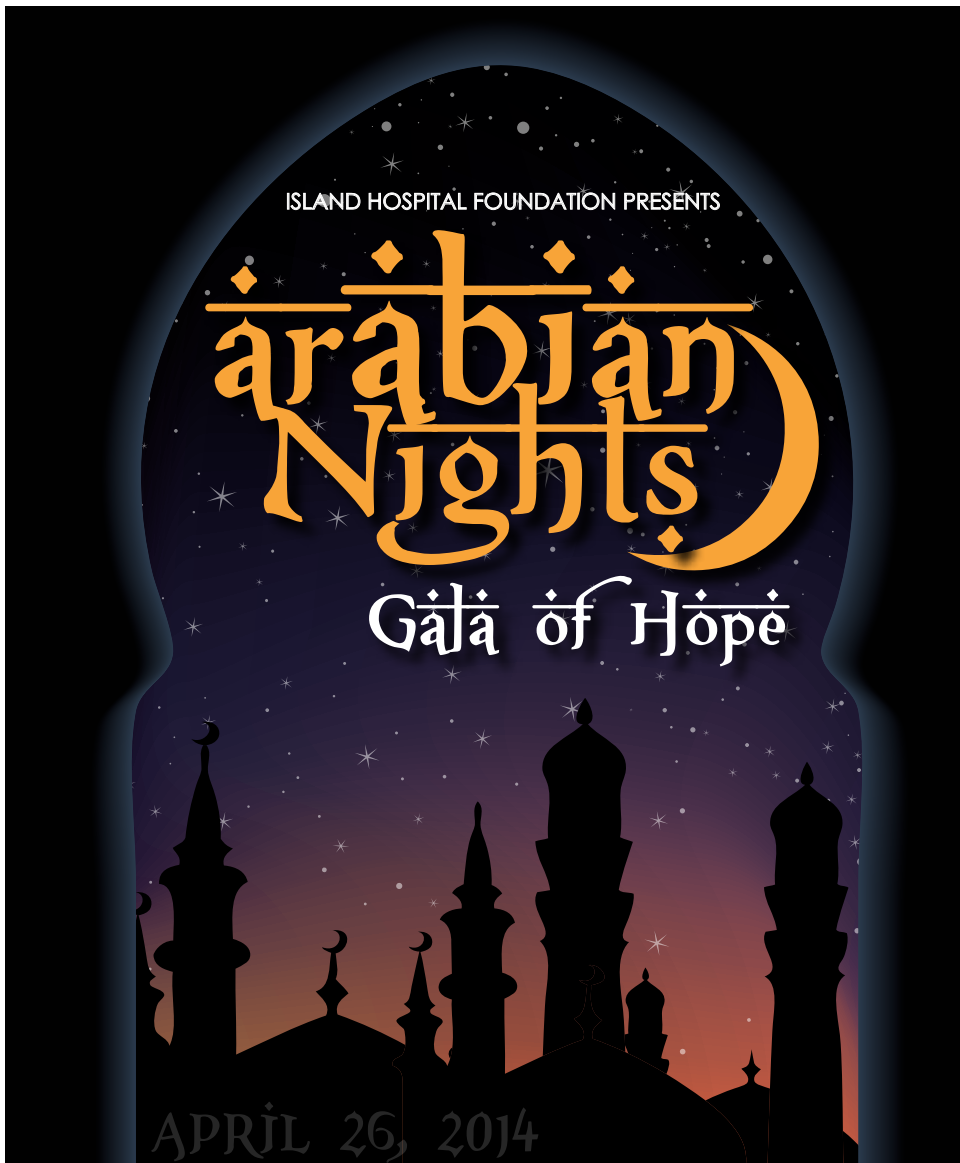
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## Island Hospital Foundation presents “Arabian Nights”

Over more than a decade, the annual Gala of Hope has become a much-anticipated, community-wide special event that promises guests a special black-tie evening and the opportunity to support excellence in healthcare at Island Hospital.

This year's Gala creates a lavish and exotic setting inspired by the tales of Scheherazade and her 1001 Arabian Nights, plus a sumptuous meal, signature drinks, exhilarating performances and a live auction offering items to delight and entice. Always a highlight of the Gala, Heartstrings offers guests a special opportunity to raise their paddles and help fund equipment and technologies that advance treatment and improve patient care at Island Hospital.

Mark your calendars for April 26 and plan to join the fun at the Swinomish Lodge Event Center. Reserve your VIP tickets today for early concierge registration, entrance to the VIP lounge, special performances and more – all to support Island Hospital and high-quality healthcare in our community. For information on tickets, sponsorship opportunities and more, call the Island Hospital Foundation at (360) 299-4201.

## Remembering

*Island Hospital Foundation  
has received caring donations  
recognizing those listed here:*

### IN MEMORY OF:

Claudette Benz	Bill Malseed
Edward Zane Brown	Edrie Maryott
John Carabba	Mike McQuary
Russell Copeland	George Mehler
Dale Dow	Pat Meyer
Keith Eide	Kevin Oliver
Mark S. Hansen	Girts Rekevics
Dennis J. Heggem	Colquitt Richards
David Kaiser	O. Newell Sheffer
Elaine Lynch	Chris Whatley

### IN HONOR OF:

Ava Grace Borntrager	Carie MacKenzie
Terry Cook	Joseph Mulcahy MD
Dr. Kenneth Ellis	H.G. Osborne MD
Warren Woody Fry	Judy Odegaard
James Funk	Teresa Ronngren
Rebecca Hobbs RN	Albert Schmitt
Dr. Hogge & Emily	Jan Tivel ARNP
Dr. Michael James	Lucille Werner
Theodore Kim MD	Ian R. Wright
Bojan Kuure	

*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**



## Rev. Fakkema continued from page 7

and comfort. "We're prepared to leave some of our theological distinctives at the door for the privilege of serving patients with a broad range of spiritual and emotional needs," says Rev. Fakkema. "Often we attend to the family -- offering a simple ministry of presence -- while hospital staff attend to the patient." Chaplains are also available to our Island Hospital staff who encounter pastoral questions in caring for patients and themselves. In November they met with the hospital Employee Assistance Program representatives "to learn how to encourage our staff to take advantage of this wonderful service."

A member of the IH volunteer chaplain's program since 1999, Rev. Fakkema says he is continually amazed by the work of his colleagues. "One chaplain recently spent an afternoon with police and family members following a suicide," he recalls. "Others assisted the Emergency Department staff to get a homeless youth to his grandmother's house, held the hand of an elderly patient who was terrified of getting an IV and assisted our cancer-care staff with a remembrance moment. We regularly support family members and caregivers as difficult end-of-life decisions are made."

Rev. Fakkema lauds the openness of

Island Hospital's emergency, surgery, birth center, ICU and acute-care staff for their willingness to work with the chaplains. "I'm especially grateful," he adds, "because I have a personal aversion to bodily fluids and a few times staff members have had to take care of me as well as their patient."

The 2014 goal of the Pastoral Care team, according to Rev. Fakkema, is to improve communications between chaplains and Island Hospital staff. As a first step, the old pager system has been replaced by cell phones, eliminating many of the issues that slowed chaplain response. The team also is working closely with IH administrators on a new chapel location as renovations continue at the hospital. Their goal is to ensure that patients and their families have access to a peaceful place in the hospital to talk, wait, pray and, sometimes, to grieve. Rev. Fakkema and his wife, Laurie, live in Anacortes where their three adult daughters sometimes come home to visit.

The Pastoral Care office is tucked in between the mail room and the Birth Center. They encourage drop-ins whenever the door is open!

To contact the on-call chaplain, call (360) 661-4733. Rev. Fakkema is available at 202-1699.

## IH Auxiliary posts member, fundraising successes

Eager buyers gathered in the Island Hospital lobby well before the 8 a.m. sale opening -- all hoping to snag one or more miniature Christmas trees decorated by the women of the IH Auxiliary. In less than an hour, all 48 trees sold. "These were some of the most creative and appealing trees we've ever created," said Auxiliary President Shirley Smith. "We thank all those who support our annual sale."

This popular event, which draws hospital staff, patient families and visitors from the community is always a sellout. The Auxiliary has welcomed six new members to the organization and hopes that with more helping hands, even more trees will be ready for next year's sale.

The group recently held its Valentine's Day Candygram sale, with more than 300 wrapped candy bars distributed throughout the hospital. Next up is the Auxiliary's annual Easter Basket sale scheduled for April 17.

All proceeds from Auxiliary fundraising events go to help purchase new equipment and technologies that benefit Island Hospital patients and staff. Members meet with IH administrators to determine where donations from the Auxiliary can make the greatest difference in patient comfort, care and treatment.

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



*Island Hospital Auxilian Karen Toedte holds one of the attractive Christmas trees at the recent sale while Past President Ann Giboney (center) and President Shirley Smith look on.*

## 10th Annual March for Meals

Help support Meals on Wheels by attending a March for Meals event!



Meals on Wheels served more than 135,000 hot nutritious meals to 3,000 Skagit seniors in 2013. The generous donation of time by 300 volunteers and funds raised through the annual March for Meals campaign help make this possible.

## Bowling Bash

**March 15th & 16th**

Includes 4 bowlers per team,  
2 ½ hours of bowling, shoes,  
food, prizes and more!

Email [bowlingbash@comcast.net](mailto:bowlingbash@comcast.net)  
for more information.

## March for Meals Dinner & Auction

**Friday, March 21 at 5 p.m.**

Swinomish Casino, \$40 per person

**For more information or for tickets,  
please contact Sally Hill at 293-7473.**

## CAC continued from page 2

with Skagit Regional Health and Cascade Valley Hospital seeking affiliation with a large health organization. The initiative resulted in Skagit and Cascade agreeing to collaborate/affiliate with Peace Health; however, Island's Board voted not to affiliate at that time (August 2013).

The eight CAC members collected opinions from nearly 300 local residents; here are some of the highlights:

Our community understands we cannot provide all medical specialty services here, but it wants comprehensive care with focus on high-quality services and staff. Our residents prefer to remain here to receive care. I believe this is a compliment of the highest order to Island

Hospital's providers, administrators, nurses, employees and volunteers.

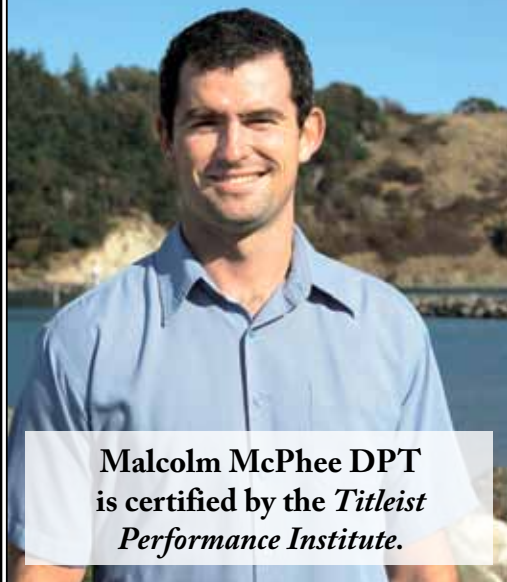
Respondents were asked, "What services must be in our community?" Emergency services was by far the answer given most. Other responses were obstetrics/gynecology, cardiac care, primary care, wellness programs, cancer care, neurology, palliative care and mental health.

Most respondents felt that Island Hospital should only affiliate with a large health system for financial stability. Some respondents felt that an affiliation would be acceptable if it expanded medical expertise, advanced technology, improved physician recruitment or brought more services to the community. The vast majority were against an affiliation with a religious or faith-based organization.

The large majority of respondents prefer that Island Hospital stay autonomous and are willing to support an increased operations levy. However, they feel the hospital should collaborate with other organizations to add or keep services here. Note that Island does collaborate regularly with organizations that help us maintain key services, such as the purchase of Northwest Urology with Skagit Regional Health.

I thank each and every one of our Community Advisory Committee members; they did an excellent job collecting information from our community that we will utilize for years to come. For a summary of their findings and much more information about the CAC, visit [www.islandhospital.org/communityadvisorycommittee](http://www.islandhospital.org/communityadvisorycommittee).

## Golfers –



Malcolm McPhee DPT  
is certified by the *Titleist  
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or [mdmcphee@islandhospital.org](mailto:mdmcphee@islandhospital.org)  
for information.



PHYSICAL, OCCUPATIONAL  
& SPEECH THERAPY  
AT ISLAND HOSPITAL

## Dr. Lu continued from page 6

focused on adult degenerative spine conditions and MIS techniques for spine decompression and fusion. He also practiced at Spine Institute Northwest, Bothell, WA, where he gained experience in endoscopic surgery and other related minimally invasive techniques.

Dr. Lu is board certified by the American Board of Orthopaedic Surgery and is licensed to practice medicine in the state of Washington. He is a member of the American Academy of Orthopaedic Surgeons and the North American Spine Society.

Dr. Lu enjoys skiing, mountain biking, fishing and other outdoor activities. He also enjoys spending time with his family and traveling.

## Merger continued from page 6

has 12 physicians with eight orthopedic surgeons: Drs. Daniel Hanesworth, Kaarsten Lang, Dawei Lu, David Mourning, Kenneth Oates, Curtis Rodin, Jonathan Shafer and Stacia Smith; two physical medicine physicians: Drs. Robert Billow and Jimmy Cui; and two podiatrists: Drs. Cindy Bullock and Timothy Messmer.

There is no change in how patients can contact the offices: (360) 424-7041 (previously NWO) and (360) 424-2400 (previously SIO).

"The two groups are consolidating to allow better coordination of care in a changing medical economy," said Dr. Oates. "We are looking forward to working with Island Hospital to continue to provide high-quality orthopedic care right here."



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