



ISLAND HOSPITAL

Heartbeats

Magazine

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CANCER**
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Commissioner Message

Governing under changing rules

by Paul Maughan PhD

President, Board of Commissioners



While many factors affect the delivery of healthcare, federal legislation is perhaps the most vital for hospital financing. At Island Hospital (IH), nearly 80% of our patients are covered by a government program such as Medicare, Medicaid or a military-related health-insurance program.

Under the Affordable Care Act (ACA), Medicaid was expanded to provide coverage to more than 20 million in the U.S. who were previously uninsured. Because of the ACA, Island Hospital's uncompensated care – for charity care and unpaid hospital bills – dropped from \$5.8 million to \$1.5 million over the past four years.

With changes in Washington D.C., it is expected that the ACA will be replaced or changed. At this time, we do not know how much that will affect Island Hospital's bottom line, but we expect that it will be significant.

I expect that three major changes will likely affect individuals:

- Patients will be paying for more of their healthcare costs.
- Hospitals and physicians will be paid less for their services.
- Overall cost of medical care will be higher.

Facing the changing rules, how will the five elected Commissioners of Island Hospital ensure that consistent quality healthcare is provided to the communities we serve in an ethical, cost-effective manner, helping individuals to achieve their optimal level of wellness – our Mission?

Commissioners govern by establishing policies, making strategic decisions and overseeing the organization's activities. New healthcare rules will not change the way we govern. What will change is the outcome of the governing process and how it affects our three basic responsibilities:

Oversee Finances: Ensuring that the resources to provide facilities, equipment and personnel to meet the needs of IH patients are available.

Oversee Quality: Ensuring that the resources and support systems for the quality assessment and risk management functions related to patient care and safety are available.

Oversee Management: Employing the Chief Executive Officer and evaluating his performance.

All Commissioners have equal say in how IH is governed. With a few exceptions, all decisions can be made only with a quorum present and in public view.

So how will the Board govern under changing rules? This is where a team effort will be necessary. Seeking information from the IH administration, managers, physicians and staff and drawing assistance from the community as well as healthcare expertise, the Board will establish strategic policies that will support changing how IH carries out our Mission.

As the 2017 Board President, my over 19 years as an IH Commissioner will hopefully enable me to provide the leadership necessary to effectively govern under changing rules. This coming year will be especially challenging governing the three basic responsibilities previously mentioned while overseeing the important new \$12 million electronic medical-record system being installed.

COVER PHOTO

Sally Kilpatrick volunteers in the Merle Cancer Care Center.

Visit www.islandhospital.org/leadership with any questions for me.



Here's to 2017 – Board of Commissioners President Paul Maughan PhD enjoys dining in the Island Bistro with wife Karen (left) and sister Sally Kilpatrick (far right). Joining them this day was Mara Kilpatrick, Sally's granddaughter.

Paul Maughan PhD prepares for changes

Elected President of the Board of Commissioners for Skagit County Public Hospital District No. 2 (Island Hospital) to serve throughout 2017, Paul Maughan PhD first took his seat on the Board in 1997. It was a time when – then, as now – major shifts were underway in healthcare.

The Health Insurance Portability and Accountability Act (HIPAA) of 1996 and Balanced Budget Act of 1997 brought about sweeping changes in healthcare delivery, affecting patients and hospitals nationwide. Island Hospital (IH) successfully met the resultant challenges and, guided by its Board of Commissioners, has continued to meet the myriad changes and challenges it has faced.

In his first term as Commissioner, Dr. Maughan helped to hire Vince Oliver as CEO and has since been involved in overseeing construction and renovations of the hospital facility we enjoy today. When the question of affiliating with other, larger hospitals arose, Dr. Maughan served on the affiliation team and responded to our hospital community's desire to remain independent – which, to date, has proven to be a wise decision. He has assisted the Board in developing Board policy and contingency plans with an eye sited squarely on fiducial responsibility without sacrificing quality of patient care. With other members of the Board and Administration, he has helped to attract new highly skilled and knowledgeable healthcare providers.

Dr. Maughan holds a PhD in physical oceanography as well as degrees in mechanical engineering and meteorology, and is an internationally recognized expert in satellite-imaging systems. He was intimately involved in the application of advanced space technologies such as geographic-information systems (GIS) and global-positioning systems (GPS), and was an early contributor to what is now Google Maps. Dr. Maughan also spearheaded the Anacortes Automated External Defibrillator (AED) Project that was enthusiastically received here and in neighboring communities.

For more information about Dr. Maughan, please refer to www.islandhospital.org/paulmaughan.



As I See It...

By Vince Oliver, IH Chief Executive Officer

Electronic medical record system

Earlier this year Island Hospital

began an exhaustive, nine-month evaluation process to find the best electronic medical-record (EMR) system to service the entire organization. Our current system does not offer the technology necessary to meet federal reporting standards or provide a comprehensive, updated patient record easily accessible throughout the hospital.

Anticipating the cost of a new system to be \$10-17 million, we set forth on a very detailed analysis, by a large group representing all areas of the hospital. Physicians, managers and other hospital staff who will utilize this system most often were brought together to not only be presented, but also actually use the four systems we selected as finalists.

The Meditech 6.16, at a cost of \$12 million, was determined to be the best EMR system for Island Hospital. The Meditech product offers all the features necessary to meet the latest government standards – store and allow transfer and recall of the EMR at every step of patient care and be updated and utilized throughout the patient's life. This system is also expected to reduce paper patient “charts” and enhance security and authentication.

In addition, this system will:

- support future partnerships.
- fully integrate clinical and financial records throughout the continuum of care.

- support physician recruitment and retention.
- comply with federal requirements.
- have “population health” capabilities.

Implementation of the EMR system is vitally important to a smooth transition and the ability to take advantage of all it has to offer. Making the change to a new EMR has proven to be challenging at other organizations, so we are taking great care in how implementation is accomplished.

Executive Assistant Kim Graf was responsible for all scheduling and planning for the presentations and testing of the systems we evaluated. Her work made it much easier for hospital staff to learn, evaluate and decide which would be best for Island. I thank her for her exceptional efforts to bring us together with already busy schedules.

Thanks also go to the IH Information Systems (IS) Department that ensured that these sessions were effective through engagement with the presenting companies, enabling appropriate testing. The big project for IS will be the implementation phase during 2017 so we're ready to go on the new EMR system by the summer of 2018.

I always encourage your comments, concerns and suggestions. Feel free to contact me at 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:

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Anacortes, WA 98221-2590

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ISLAND HOSPITAL

Our Promise

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

Fidalgo Medical Associates honored as Top Performer

Fidalgo Medical Associates (FMA) at Island Hospital has been named a "Top Performer" by the Medical Group Management Association (MGMA), placing the clinic in the top 10 percentile for productivity and efficiency.

FMA is recognized as a Better Performer in the area of "Productivity, Capacity and Staffing."

MGMA is the premier benchmarking agency for clinical data and sets the standards for medical-practice management. Serving 18,000 healthcare organizations comprising 385,000 physicians nationally, the MGMA's "Performance and Practices of Successful Medical Groups Report" provides benchmarking data in areas that include profitability and cost management; productivity, capacity and staffing (for both surgical and nonsurgical specialties); and patient satisfaction.

"With the complexities and business side of clinical care, this is a great achievement for Fidalgo Medical Associates," said Island Hospital CEO Vince Oliver. "The entire staff should take pride in this recognition and know the importance of their efforts for our community."

First baby of New Year is early



In year's past, Island Hospital may have to wait a few days into January for the first baby of the New Year. However, 2017 started much faster with Austin James Von Heeder arriving at 1:10 a.m., Jan. 1, at 7 lbs., 12 oz. Proud parents Lauren and Tyler Von Heeder are residents of Oak Harbor, and maternal grandmother is Island Hospital Patient Accounts Representative Lori Shulock PBT, ASCP.

Winter wonderland art wins holiday-card contest



Island View Elementary School 4th grader Silvia Ellis' art was selected as Island Hospital's holiday card for 2016. Her winning efforts earned an ice cream party for teacher Peter Lincoln's entire class, served by Island Chief Financial Officer Elise Cutter (left) and Executive Assistant to the CEO Kim Graf.

Cold weather, warm hearts



The greatest thing about winter weather for many children is playing in the snow – snowmen, snow angels, sledding – it's all so much fun! Helping kids stay warm and active during the winter months were Island Hospital employees and volunteers with their annual Coats for Kids campaign.

Through the generosity of staff and volunteers, this year's Employee Council sponsored event raised \$1,650 enabling purchase of 75 new coats for local elementary-, middle- and high-school students in need.

Coats for Kids committee members (from left) are Rhonda McLaughlin (Engineering), Barb LeDuc (Community Relations), Nasreen Mughal-Barrows (Physical, Occupational & Speech Therapy), Marsha Smith (Patient Accounts), Liz Martin (Administration) and Melissa Reed (Human Resources).

Health Resources Coordinator Jacqueline Marucci is here to help



Island Hospital Health Resources (IHRC) welcomed Jacqueline Marucci as its Health Resources Coordinator, a position in which she delivers high-quality, trusted

health resources and supportive services to meet the diverse needs of our community.

As Coordinator, Marucci oversees the SHIBA (Statewide Health Insurance Benefits Advisors) insurance-counseling program for west Skagit and San Juan counties. She also provides services and health education in alliance with internal healthcare providers

and external agencies toward delivering comprehensive and fluid solutions for specific healthcare concerns. She additionally maintains and updates patient-centered health resources to provide fast and accurate responses to distinctive patient needs as well as ensure integrity of provided materials.

Uniquely qualified for her new role, Marucci brings prior experience as IH Patient Appointment Coordinator. She is a committee member and facilitator of the Anacortes Senior Advisory Board and member of the Anacortes Community Health Council. Before moving to Anacortes and joining Island Hospital staff, she was a highly successful business manager at

Nordstrom, first in Chicago and later in Seattle.

"My focus is to support our community by delivering information, advice and resources to residents when they are in need of help or face challenges," Marucci says.

"I'm truly thankful for the confidence that has been entrusted in me to be a local advocate for health and wellness."

Open Monday through Friday, 9 a.m. to 4 p.m., the entrance to Island Hospital Health Resource Center is located near the heliport on the lower level at 1211 24th Street, Anacortes. For assistance call (360) 299-1397 or visit online at www.islandhospital.org/resourcecenter.

Auxiliary celebrates rousing 2016

The Island Hospital Auxiliary concluded its 2016 season with the most successful Miniature Christmas Tree Sale to date, selling out within 90 minutes and bringing in more than \$2,000.

The success of this event was due, in no small part, to the generosity of Matt Henery of Sebo's Hardware & Rental, who donated the miniature trees that were decorated for the sale by the Auxiliary members "whose astounding creativity and sense of beauty made the trees irresistible," Auxiliary President Betty-Anne Ely said. "We are sincerely grateful to Matt and to our community's enthusiastic response to this event and ongoing support of Island Hospital."

"All around, 2016 was very successful," Ely said. "Auxiliary mem-

bership increased by 40%; and the Vial of Life, introduced early in the year, is going strong, with nearly 3,000 kits distributed."

Upcoming Auxiliary events:

- February 14 – Candygrams. Traditionally an event for employees to acknowledge their appreciation to one another, members of the public are invited to purchase a Candygram for any employee they would like to recognize for their kindness. Candygrams can be purchased for \$1 each. Just come into the main hallway and look for the Auxiliary tables. The Auxiliary thanks the Anacortes Walgreens and its manager, Lindsey Couey, for the donation of the candy bars.
- April 7 – Easter Basket Sale. Held in the hallway inside the main hospital entrance at 1211 24th Street, this event will offer some of the most beautiful and creative gift-filled baskets you've ever seen!

To learn more about this Auxiliary call Ely (360) 840-3038 or Kathy Morgan (360) 293-8393.



Manage Your Healthcare Online

myIslandHealth

Island Hospital's patient portal, myIslandHealth, is a user-friendly service that gives you the resources to better manage your healthcare.

Sign up at your next hospital or clinic visit!

- View your personal health record (recent visits, medications, allergies, immunizations).
- View test results.
- View billing information.
- New features coming in 2017!

For more information about myIslandHealth, visit www.islandhospital.org.

Angela Hanson-Steen PA-C joins Skagit Northwest Orthopedics

Angela Hanson-Steen PA-C recently joined Skagit Northwest Orthopedics bringing 14 years of professional medical experience, including 7 years as a certified physician's assistant.



Hanson-Steen received her Bachelor's degree, summa cum laude, from the University of Texas Medical Branch, Galveston, and earned her Master's degree from Texas Tech University Health Sciences

Center, Lubbock. Throughout her academic career, her performance was recognized by numerous honor societies including Phi Theta Kappa, Phi Kappa Phi, and Lambda Tau Clinical Laboratory Sciences – to name a few. Recipient of eight separate scholarships, she received the 2002 Alpha Eta Rodenberg Scholarship, reserved for the top allied-health student in the country.

Hanson-Steen's previous employment includes physician assistant, Orthopedic Physician Associates, Seattle; physician assistant (prefaced by clinical assistant) West Texas

Orthopedics, Midland; and medical technologist II, Department of Clinical Microbiology, John Sealy Hospital, Galveston, TX.

Excited to have the opportunity to live amidst the beauty of the Skagit Valley area, Hanson-Steen says, "I seek to provide compassionate and competent care for my patients, which means working to treat my patients as I would treat my family or friends."

Skagit Northwest Orthopedics has offices in Anacortes and Mount Vernon. For appointments call (360) 424-7041.

Introducing two new volunteer chaplains in their own words

Island Hospital (IH) Pastoral Care Coordinator Rev. Doug Fakkema recently welcomed Rev. Heidi L. Fish and Kevin Noyes as Volunteer Chaplains. IH chaplains are skilled area clergy and lay ministers who receive additional training in the special needs of the healthcare environment. They provide emotional and pastoral support to patients, family members and staff in times of medical crisis.

The two chaplains were asked to discuss their backgrounds and reasons for serving:

Rev. Heidi Fish

Writer Frederick Buechner said, "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." To be welcomed into a hospital room is an honor. To simply sit and listen to people's stories is an honor. To hold a hand quietly and watch with those who keep vigil with their loved one is an honor. Companionship in this way feels sacred.

"I was ordained Feb. 3, 1991, in the Evangelical Lutheran Church in America



New Volunteer Chaplains Kevin Noyes (left) and Rev. Heidi Fish are welcomed to Island Hospital by Pastoral Care Coordinator Rev. Doug Fakkema

(ELCA) and have served Celebration Lutheran Church in Anacortes for the past three years. I believe people long to be heard, seen and loved; and one of the most important aspects of chaplaincy work is to simply bear witness as a com-

CHAPLAINS continued on Page 22

Xi Bei Tian MD Interventional therapies to manage pain.

Dr. Tian can treat pain in the shoulders, back, neck, arms, legs, hips, knees, groin & pelvis.

In addition, pain can be alleviated for:

- **Discomfort resulting from shingles**
- **Various forms of cancer**
- **Slow improvement following neck or back surgery**
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- **Complex regional pain syndrome**
- **Pain from hip, knee, shoulder if you're not a surgical candidate**

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Ray Leone RN pushes to an inspiring finish at Good Life Fitness Race

Ray Leone RN, Island Hospital Surgical Services, is accustomed to pushing through long shifts in the life-saving environment of our operating rooms and post-surgical patient care. As a running enthusiast, he's also pushed himself through physical and mental exhaustion to compete in hundreds of races and seven marathons.

Last fall, he pushed not only himself, but also a wheelchair-bound friend, to the finish of the Good Life Fitness 8K (five miles) Race in Victoria, B.C.

Annie, an active 71-year old, had trained to run that same 8K race in the fall of 2015 – a feat she completed, but with great difficulty. She was discouraged by her body's unwillingness to bounce back from her post-race fatigue and sought medical advice. A few weeks later, the answer became painfully clear. She was diagnosed with amyotrophic lateral sclerosis (ALS), better known to the public as Lou Gehrig's disease.

One year later, 70 of Annie's supporters united to raise funds and awareness by walking in the ALS Walk in Victoria. Collectively, they raised \$20,000 to benefit ALS research. But it was another event a month later that raised additional attention and public awareness of the disease. Annie wished that she could run the 8K scheduled to take place the next month just one more time. Leone helped make it happen.

"Outside of the Boston Marathon, the Victoria event is my favorite running event," Leone says. "I remembered the team of Dick & Rick Hoyt from Boston, a father/son wheelchair team, who for years participate at a high level in races including the Boston Marathon. Dick, Rick's father, pushed his son (who has severe Cerebral Palsy) in a specially designed three-wheeled chair.

Inspired by the Hoyts, Leone says, "I contact-



Ray Leone RN pushes friend Annie in the Good Life Fitness 8K in Victoria, B.C.

ed the Victoria race officials, and they agreed to let me push Annie. We weren't able to get a three-wheeled chair, but a durable medical equipment supplier in Victoria provided a sturdy four-wheeled chair. I really didn't have time to train with it in advance, but a couple of days before the race I had a practice run pushing one of our mutual friends through the course. A film crew happened to see us and – long story, short – we ended up being featured on two CTV news segments."

Crossing the finish line was a true runners' high for Leone. For Annie, it was not only a victory in itself but also a victory over ALS that, at the same time, helped to build more public awareness about that devastating disease.

Pushing one's own body through 8K of Victoria's streets is a lot different from pushing a wheelchair through the same course. "Yeah, my arms felt it," Leone understates, "but I'd do it again. It was very special to both Annie and myself, and showed that even with such a devastating diagnosis, one can still pursue dreams in life. That's what Annie did – with a little help from a friend grateful to be there for her."

Eric Hao named IH Supply Chain Director

Eric Hao has been named Island Hospital's (IH) Supply Chain Director. In this vital role, Hao is administratively responsible for the overall direction and management of the purchasing and distribution functions of goods and services required to operate the hospital.



Hao was promoted from his position as Operating Room Buyer-Implant Coordinator, responsible for the management of inventory necessary for daily operating room needs as well as negotiation of contracts and communication with vendors to ensure hospital expense goals were met. During this time, Eric also acted as Supply Chain Liaison for the patient progress-tracker project (see article, Spring/Summer edition of Heartbeats Magazine, p.2, found online at www.islandhospital.org/publications).

In a memo to hospital managers and supervisors announcing Hao's promotion, CFO Elise Cutter welcomed Hao to the Leadership Team and said, "[Hao] brings with him an extensive background in Supply Chain management. . . . He has a clear vision for the department and many ideas on how to improve upon the already great service that the Supply Chain Department provides at Island Hospital."

"As healthcare continues to evolve and change, we need to adapt to meet those challenges," says Hao. "My top priority is to ensure we are providing our patients and staff with quality products and services that meet their needs while being good stewards of our resources, including identifying opportunities for controlling costs and improving efficiency and effectiveness."

Before coming to Island, Hao was Manager of Sourcing for Non-Medical and Purchase Services at Providence Health and Services, Renton, where he collaborated with key business stakeholders, suppliers and departments to ultimately save the system over \$1 million annually through renegotiated contracts and consolidations. His extensive experience also includes five years as a contract administrator, nine years as a surgical materials specialist/perioperative buyer and a decade working in technician roles for medical centers in Honolulu, Edmonds, Everett and Bellevue.

Hao enjoys spending time with his wife of 26 years and his daughter, currently a senior in high school. A musician for many years, he still enjoys playing his bass guitar.

Christine Adkison earns NPPA nomination



Island Hospital Pharmacy Lead Technician/Buyer Christine Adkison was a top-six finalist for the National Pharmacy Purchasing Association Outstanding Buyer of the Year Award. The award – presented at the association's August conference – honors exemplary work in pharmacy-purchasing leadership, improvement, creativity, attitude and cost savings.

"Christine's dedication to excellence has helped and continues to help our hospital save money on drug purchases through careful evaluation and selection of drug vendors and manufacturers," said Director of Pharmacy Ken

Martin PharmD. "She also keeps on top of drug shortages to help mitigate the effects they may have on our providers and patients. We have a treasure in our midst."

IH Compliance Officer T. Jay Thompson JD, CHC earns certification

T Jay Thompson JD, CHC has received certification in healthcare compliance (CHC) from the Compliance Certification Board (CCB).

Candidates for CCB certification must demonstrate that they possess the knowledge of regulations and expertise in compliance processes that allow them to assist their organizations to understand and address legal obligations as well as promote organizational integrity through the operation of effective compliance programs.

The CCB has developed criteria to determine competence in the practice of compliance and ethics across various industries and specialty areas. The CHC certification program is one of seven certifications



offered by the CBC, who contracts with Applied Measurement Professionals, Inc. to assist in the testing, scoring and analysis of its exams.

CHC certification is valid for two years, at which time revised exams test the candidate's then-current competence, knowledge and expertise in compliance processes.

"Healthcare compliance is a dynamic field that is ever changing," Thompson said. "Constant attention and regular training is required in order to avoid compliance pitfalls. A strong compliance program not only helps to avoid financial penalties and government-imposed enforcement actions but also enhances the quality of care provided to patients as well."

Kay Steiner named IH Privacy Officer



Kay Steiner CHAM, CRCR has been named Island Hospital's Privacy Officer. In this role, she will be working on several initiatives that will increase the hospital's focus on improving

the protection of patients' health information, which includes reviewing and updating Island Hospital (IH) policies and procedures as well as creating ongoing education for staff. She will also develop a risk assessment to identify areas of focus regarding HIPAA requirements.

Steiner began at IH in 2006 as Director of the Cancer Care Center. Since 2009 she has served as Director of Patient Access, where she was put to the test with federally mandated coding preparation, the Central Registration remodel, and taking on the role of Revenue Cycle Improvement Director in 2014 – a position she retains as an ideal complement to her new role as Privacy Officer.

Termed by her colleagues "a master of project management," Steiner was named 2014 Manager of the Year and was described as having an amazing and gentle way of keeping people on track and moving

the project ahead while getting those involved to share the vision.

"It is an honor to be asked to fulfill the role of Privacy Officer for Island Hospital," Steiner says. "I consider this an educational opportunity – both for me and our hospital team-at-large. It also shows our hospital's commitment to continuously improve our efforts in meeting the ever-changing HIPAA guidelines with our patients' confidentiality always at the forefront."

"At Island we care not only about providing our patients with excellent care," Steiner continues, "but also about their comfort and trust in knowing we care equally about their privacy."

Bo Gillentine CPAT named Manager, Revenue Cycle Improvement

Former Supervisor of Patient Access Bo Gillentine CPAT, has been promoted to Manager, Revenue Cycle Improvement – a role in which she provides daily oversight to both Patient Access and Medical Records while continuing under the direction of Kay Steiner CHAM, CRCR, Island Hospital (IH) Privacy Officer and Director of Revenue Cycle Improvement (see Steiner article, this page).

Gillentine brings 15 years' experience in healthcare to this position: first, as an admission counselor at the North Mississippi Medical Center (a 650-bed facility), and then in emergency registration at St. Joseph's Hospital, Bellingham, followed by working at Skagit Valley Medical Center in Diagnostic Imaging.



She began her Island Hospital career in 2010 as a scheduler coordinator in Physical, Occupational & Speech Therapy and later transferred to the Cardiopulmonary Care Center. In 2012 Gillentine was named Supervisor of Patient Access and in 2015 earned her CPAT certification (Certified Patient Access Technician). She is now studying for her CHAA exam (Certified Healthcare Access Associate), which she will complete this spring.

"I'm very excited to be serving our hospital in this new role and feel honored to have my work recognized in this way," Gillentine said. "The knowledge and relationships I've developed within our facility and community are tremendously rewarding, and I now look forward to implementing new processes that will continue to streamline our efficiencies as an organization."

Wound Care collaborates on groundbreaking study

The Wound Care & Hyperbaric Medicine Center at Island Hospital is participating in a clinical trial on diabetic foot ulcers, venous ulcers and pressure ulcers.

The new treatment, called “Aurix,” is approved by Medicare as part of a Phase IV Clinical Trial. Medically termed “an autologous biodynamic hematogel,” Aurix is made from the patient’s own plasma and platelets. Utilizing a simple in-clinic blood draw, Aurix is designed to harness a patient’s innate healing processes with the goal of accelerating wound healing.

The Wound Care & Hyperbaric Medicine Center at Island is one of a select number of centers nationwide that are participating in this randomized, controlled trial, sponsored by Nuo Therapeutics, Inc. Only three clinics on the West Coast are participating in this study, with two located in the state of Washington.

“We are proud to be on the cutting edge of research and development,” says Program Director Tony Markey. “Island Hospital leads the way as the first RestorixHealth center nationwide to make this clinical trial available to patients with difficult to heal wounds. The fact that we are physician-directed with Medical Director Dr. David Brown allows us the opportunity to provide cutting-edge treatments such as Aurix as



well as other advanced modalities, such as biologic skin substitutes and Hyperbaric Oxygen Therapy.”

The Wound Care and Hyperbaric Medicine Center at Island Hospital provides optimal care for chronic wounds in a caring and comfortable environment. The clinic is located in the Medical Arts Pavilion on the east side of the Island Hospital campus, with easy access from the lower parking lot. For more information call (360) 899-4600.

CMIC celebrates its first birthday, and it's very advanced for its age!

By Jody Cousins MD



In just the first year of its young life, the Center for Maternal & Infant Care at Island Hospital served 450 patients, greatly exceeding our prediction of mothers and infants we had expected.

This is exciting news, as we now regularly receive referrals for mothers living outside our community and our center was able to increase availability for lactation consultations from one to two afternoons per week.

Based on the most recent statistics released of Anacortes participants in the Women, Infants and Children program (WIC), the number of mothers who breastfeed and who breastfeed longer has significantly increased over the past year.

To be sure, this rise is driven by factors in addition to our office opening, but we are proud to have made a difference in this community. Breastfeeding is completely natural, but often-

times it doesn't come naturally to new mothers and their brand new babies. It's so important to have lactation consultants and trusted resources to help answer questions, give guidance and provide moral support to persevere through what can be exhausting and emotional days following childbirth.

The benefits of breastfeeding ripple out to our society far beyond what most people imagine. For instance, breastfed babies develop stronger immune systems, reducing the number of days their parents need to stay home to care for a sick child. Mothers who breastfeed have a decreased risk for type 2 diabetes, ovarian cancer and certain types of breast cancers. Many

mothers also credit breastfeeding for helping them to return to their pre-pregnancy weight.

I am grateful to the nurses at Island Hospital, our local physicians, the Center for Maternal & Infant Care, the dietitians and peer support partners through WIC of Skagit County for presenting a unified message to women regarding the importance of breastfeeding on infant and maternal health. This is a very exciting time for the women and children in our community!

Dr. Cousins is the Medical Director for the Center for Maternal & Infant Care at Island Hospital and a family-practice physician with Fidalgo Medical Associates. For information or appointments call (360) 293-3101.

Quilt donation



Retired department employee Jill Brado designed, created and donated this beautiful quilt to hang in the Island Hospital Patient Accounts Department.

Breastfeeding Rates – Anacortes WIC Program		
Breastfed	September 2016 Rates	Increase Over Past Year
Ever	96.7%	6%
1-4 weeks	95.1%	8%
1-6 months	91.8%	8%
6+ months	60.7%	1%

IH community health screenings and outreach

By Kelsey Jenison

IH Community Health Education Coordinator



Appearing in each issue of Heartbeats Magazine (on page 19 of this issue) is information about no-cost or low-cost health screenings sponsored by the Island Hospital

Foundation. From bone density screenings to screenings for memory awareness, pulmonary function, cancers and many types of screenings in between, we are exceedingly grateful for the ability to offer these opportunities to you.

Cancer screenings, alone, were provided to more than 100 people in 2016. The infographic on the facing page is offered to help to explain how meaningful these screenings have been, both in terms of early detection and sheer peace of mind.

Out in the field

Perhaps not as visible to our readers is our outreach program, in which educational and/or awareness presentations are taken out into our community, delivered to one specific group or audience at a time.

In 2016 we reached out to the community in nine separate events, five of which focused on smoking cessation and prevention using “pig lung” presentations. These presentations were given at Mt. Erie Elementary School, Splashtacular, Kids R Best Fest, National Night Out, and Anacortes School District



Community Health Education Intern Jen Kim (left) displays the differences between smoke-damaged and healthy pig lungs to Anacortes school students at last summer's STEM (Science, Technology, Engineering & Mathematics) camp.

STEM (Science, Technology, Engineering & Mathematics) camp. In four other events – held during the Waterfront Festival, Relay for Life, Anacortes Cancer Walk and Samish 5K Breast Cancer Walk & Run – we focused on cancer prevention, awareness and education.

There is a special pleasure derived from introducing children to the damaging effects of smoking vis-à-vis a highly graphic visual aid: pig lungs. In this presentation, a set of real pig lungs (purchased by the IH Auxiliary) – one diseased lung and the other healthy – are connected to a pump that allows us to inflate

and deflate them. This shows how the lung capacity is reduced due to smoking. The diseased lungs are black and the tissue is damaged. The healthy lung is pink and moist. We review with the students the anatomy of the lung and discuss its function – including responding to one child's concern: “But does it hurt the pig?”

Information on screenings and classes is also available online at www.islandhospital.org/classes or by calling (360) 299-4204. For more information about our outreach events, call (360) 299-1309.

Danah Peace-Laws MSW, LICSW, OSW-C serves as MCCC Patient Navigator



With more than 14 years' experience as a medical social worker, certified by the Association of Oncology Social Work and licensed as an Independent Clinical Social Worker, Danah Peace-Laws MSW, LICSW, OSW-C joined the staff of the Merle Cancer Care Center (MCCC) in June of this year, where she is Patient Navigator.

Peace-Laws' multi-faceted role includes ensuring MCCC continues to meet accreditation standards; assessing patient and clinic needs; advocacy; and working as psychosocial coordinator, pairing patients with appropriate assistance and support relating to their cancer care needs. She enables the cancer care program to grow through community outreach – providing awareness, education and gaining funding through grants. She also provides individual counseling, for which billing is accepted by nearly all insurance companies.

Peace-Laws received her Bachelor's degree from Western Washington University in 1997. She then attended Eastern Washington University, where she earned her Master's degree and Certificate in

Public Administration in 2004.

Peace-Laws began her career in mental health working in outreach counseling and psychiatric inpatient care for Compass Health. She then worked seven years as medical social worker for Providence Hospice and Home Care of Snohomish County, Everett, and another seven years as Medical Social Worker at Hospice of the Northwest, Mount Vernon. In 2014 Skagit Regional Health honored Peace-Laws' exceptional work and dedication with the Compassion Service Standard Award.

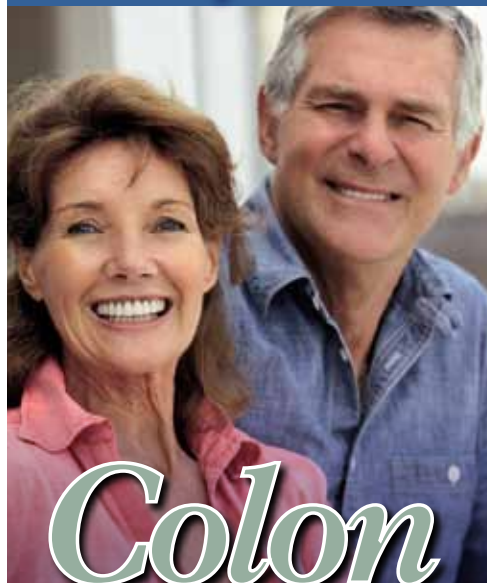
“Joining the Merle Cancer Care Center team has provided many new opportunities for me in developing program and community services,” Peace-Laws said. “My own life is enriched as well as I engage in this deeply meaningful work with patients and families.”

The Merle Cancer Care Center is located on the upper level of the Medical Arts Pavilion, 1015 25th Street, Anacortes, WA. For more information or a consultation, call (360) 299-4200 or visit www.islandhospital.org.

CANCER

Early Detection Saves Lives

In 2016
an estimated
1,685,210
new cases of
cancer will be
diagnosed in
the U.S. **2nd** leading
cause of death in U.S.



Colon



Skin



Breast

National Facts

2nd leading cause of cancer-related death.

1 in 20 will develop colon cancer (affects both men and women equally).



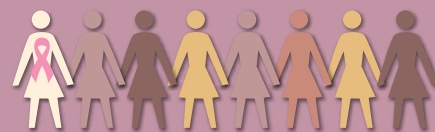
Most common form of cancer.

1 in 5 will develop skin cancer in their lifetime.



Most common type of cancer among women of all races/ethnicity.

1 in 8 women will develop breast cancer in her lifetime.



Know When to Get Screened

The following cancer screening guidelines have been provided from the **American Cancer Society** and the **Centers for Disease Control** and are intended for people with average risk of developing cancer. If you have an increased risk or family history of cancer, consult with your healthcare provider regarding screening recommendations specifically for you.

Age 50 men and women should ask their doctor to determine best colon cancer screening method and begin screening.



Report any unusual moles or changes in your skin to your doctor.

Also, talk to your doctor if you are at increased risk of skin cancer.

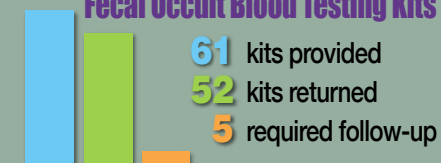
Age 40 women should have the choice to start annual screening with mammograms – **age 45** women should get mammograms annually.



Men also get breast cancer and should check with their provider about screening recommendations.

Island Hospital 2016 Screening Results*

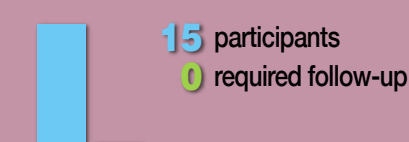
Fecal Occult Blood Testing Kits



Visual Skin Check



Clinical Breast Exam



*These screenings and more are made possible by the generous support of the Island Hospital Foundation.

VOLUNTEERS AT ISLAND

Volunteers – Helping deliver the Island Hospital Promise

As nearly all patients, visitors and staff are aware, Volunteers are an integral part of the care and services at Island Hospital. Each year they contribute thousands of hours – more than 15,000 in 2016 – of service to the hospital. (This figure is likely incorrect since Volunteers typically underreport hours by at least 20%.)

Our current Volunteer staff has contributed more than 130,000 hours over the years to Island Hospital! They bring highly diverse backgrounds and experience, as well as incredible talents, to help bring the Island Hospital Promise to life.



Laurie Mueller helps assemble patient packets and more in the Volunteer workroom.



SHIBA Volunteers Ginny Brightwell (from left), Patty Munday and Jean Garner help hundreds seeking insurance counseling each year at the Health Resource Center.

Volunteers work throughout the hospital and clinics to support staff and visitors.

Across the service spectrum

The functions performed by Volunteers are many and varied. Some are very personal, such as a program called “No One Dies Alone” that places trained Volunteers with patients who have no family or loved ones to be with them in the final stage of life. Others support hospital services, such as Surgery Volunteers, who work in a waiting area near Central Registration as liaisons for patients and nurses.

Volunteers work at the main entrance, Surgical Services waiting area, Merle Cancer Care Center, Health Resource Center, Island Hospital Foundation, community events and more. They serve as Statewide Health Insurance Benefits Advisors (SHIBA), Volunteer Chaplains, blood-pressure screeners, ham-radio operators and in other capacities.

Those serving in the Volunteer workroom put together patient packets given out at the hospital. These packets – needed for Emergency Services, Acute Care, Intensive Care, Birth Center, Surgical Services and other departments – provide vital information and forms for patients upon admission or discharge. Along with approximately 6,000 packets each year, these Volunteers also handle special mailings.



Madeline (Maddy) Rose has helped achieve a \$100,000 pledge as a Gifts & More Volunteer.

See adjacent comprehensive list of the areas supported by Volunteers.

Raising funds for patient care

Volunteers also serve in ways that contribute financially to Island Hospital. Those working in the hospital gift shop Gifts & More recently made the final payment on a \$100,000 pledge to the Island Hospital Foundation (IHF). In addition, shop proceeds provide hats to all newborns; coloring books, crayons and playing cards for Acute Care; and monetary support for community activities. These Volunteers are involved in all areas of the shop’s operation including ordering, receiving, stocking, pricing and point-of-sale.

Lifeline is a medical-alert service that allows people who otherwise would be in a supervised facility to live alone. Two Lifeline Volunteers work dozens of hours each month with a staff coordinator to install and service these in-home units. Lifeline has earned net revenue of more than \$300,000 since 2006.

The Island Hospital Auxiliary raises thousands of dollars each year for a variety of patient-care programs. Along with its fundraising activities, the Auxiliary initiated a Vial of Life program to provide emergency responders with critical medical information. For current news about the Auxiliary see article on page 5.

Volunteer positions available

For information about Volunteer positions or an application, please contact Jenn Van Dyke at (360) 299-1371 or jvandyke@islandhospital.org. Open positions are available at www.islandhospital.org and Volunteer applications are also available at the front desk of the hospital. Youth



Volunteer Danette Carroll helps patients and visitors in the main 24th Street entrance.



Diane Groves returns after wheeling a surgery patient to a waiting car.

Volunteers must be 16 years of age. “Some Volunteers serve two hours a week and others ten or more,” said Van Dyke. “So much of what we do relies on our Volunteers, and we appreciate every minute they contribute.”

Where do Volunteers serve?

- ACUTE CARE**
 - Pet therapy
- ANACORTES FAMILY MEDICINE**
- COMMUNITY EDUCATION**
 - Screenings
 - Blood drives
 - Events
- COMMUNITY RELATIONS**
 - Mailings
 - Press clippings
 - Events
- EMERGENCY PREPAREDNESS**
 - Ham radio operators
- ENGINEERING**
 - Wheelchairs – count and collection
- GIFTS & MORE**
- HUMAN RESOURCES**
- ISLAND HOSPITAL FOUNDATION**
 - Auxiliary
 - Events
 - Office/clerical
- LABORATORY**
- LIFELINE**
- MATERIAL MANAGEMENT**
- MEDICAL RECORDS**
- MERLE CANCER CARE CENTER**
- PASTORAL CARE SERVICES**
 - Chaplain
 - No One Dies Alone
- PATIENT ACCESS**
 - Front lobby greeting
 - Surgery waiting
- PATIENT ACCOUNTS**
- PHYSICAL, OCCUPATIONAL & SPEECH THERAPY**
- RESOURCE CENTER**
 - Receptionist
 - SHIBA
- QUALITY IMPROVEMENT**
- VOLUNTEER SERVICES**
 - Workroom (assembling patient folders)
 - Lost & found
 - Magazine/book cart
- WOUND CARE CENTER**

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



Email communityed@islandhospital.org



Call (360) 299-4204

Classes

ADVANCE HEALTHCARE DIRECTIVES

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



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

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

When: Thursday, April 13, 10 a.m. – noon

Thursday, July 13, 10 a.m. – noon

Where: Anacortes Senior Activity Center

Cost: \$15

Contact: 293-7473 for information on how to register

Instructor: Hilary Walker

BIRTH AND BEYOND

Breastfeeding Matters



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

This class is open to pregnant and postpartum women and their babies.

When: Monday, March 27, 5 – 6:30 p.m.

Monday, May 15, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25 (covered by Apple Health)

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

"Very pleased, all the help and info is very important"

Breastfeeding Matters class participant

Car & Booster Seat Clinic



Drop in to have your car and booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure

you are using it correctly and show you how to properly install the seat in your car. No appointments required, please just drop in.

When: Thursday, February 9, 3 – 5 p.m.

Thursday, April 13, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

Connections Early Childhood Conference

Skagit County's annual Early Education, Child Care and School-Age Conference.

This year's theme is "Let's Play" and the keynote speaker will be Denita Dinger of "Play Counts!"

When: Saturday, March 18, 8:00 a.m. – 4:00 p.m.

Where: Skagit Valley College

Contact: www.skagitconnectionsconference.com/

Six-Week Childbirth Education Classes



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

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

When: Tuesdays, March 7 – April 11, 6 – 8:30 p.m.

Tuesdays, May 2 – June 6, 6 – 8:30 p.m.

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

Where: Fidalgo/Burrows Rooms

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

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

Weekend Childbirth Education

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

When: Sat. & Sun., April 1 & 2, 10 a.m. – 6 p.m.

Sat. & Sun., June 3 & 4, 10 a.m. – 6 p.m.

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

Where: Fidalgo/Burrows Rooms

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

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

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



Classes, Screenings & Support Groups

CANCER CARE

Look Good...Feel Better

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

When: 1st Monday, 1 – 3 p.m.

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

CPR/AED, FIRST AID & HIV/AIDS

Basic Life Support (BLS) for Healthcare Providers

This course is for healthcare providers and includes adult, child and infant CPR, AED usage and choking. This American Heart Association BLS for Healthcare Providers certification is good for two years. Must pass written test and testing may exceed posted class time.

When: Wednesday, February 8, 4:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$75

Registration: Call LifeTek, 360-416-8239 or visit www.lifetekinc.com

Heartsaver® CPR & AED

Teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. This course is for anyone with limited or no medical training and needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. This American Heart Association Heartsaver® course certification is good for two years.

When: Wednesday, March 8, 5:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$50

Registration: Call LifeTek, 360-416-8239 or visit www.lifetekinc.com

Heartsaver® First Aid NEW!

Teaches critical response skills on how to handle a medical emergency until professional help arrives. Learn duties and responsibilities of first aid rescu-

ers including severe choking, heart attack, stroke and skills for handling injury and environmental emergencies. This course is for anyone with limited or no medical training and needs a course completion card in first aid to meet job, regulatory or other requirements. This American Heart Association Heartsaver® course certification is good for two years.

When: Thursday, March 9, 5:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$50

Registration: Call LifeTek, 360-416-8239 or visit www.lifetekinc.com

HIV/AIDS Training for Licensure

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

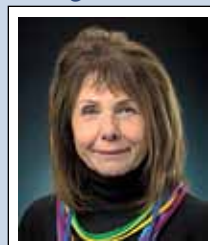
When: Monthly, call for dates

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

Registration: 299-1309

DIABETES

Diabetes and the Ketogenic Diet: Part II NEW!



Do you have type 2 diabetes? Learn how to manage your diabetes through the low carbohydrate, ketogenic diet. This course will review basics of the ketogenic diet and will focus on areas that were not addressed in

the fall 2016 class. Learn how diet affects type 2 diabetes including methods for controlling blood sugar and weight loss. Nondiabetic participants welcome to attend to learn about the many benefits of the ketogenic diet.

When: Tuesday, March 21, 3 – 4:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Jan Priggee RN, CCRP

DRIVER'S SAFETY

AARP Smart Driver

During this class intended for those 50 and older, you will refresh your defensive driving techniques, review the rules of the road, learn new traffic laws

and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

When: Wednesday, March 29, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Madeline Rose

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, February 20, 1 – 2:30 p.m.

Thursday, March 2, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

MIND & BODY

Essential Oils for Wellness



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

When: Thursday, March 23, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

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

Green Cleaning

Learn to make your own natural cleansing powders and sprays using essential oils combined with toxin-free ingredients such as vinegar, baking soda and citric acid. Each participant will make a multi-surface or disinfecting spray and a fizzing bathroom cleansing powder.

When: Wednesday, February 15, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

Classes, Screenings & Support Groups

Herbal Tinctures

NEW!



Kelly Ann Nickerson MS will show you how to create an herbal tincture by combining fresh herbs with a solvent. A tincture is a convenient and ready-to-use form of herbal medicine that is to be taken internally and in

small quantities. Join this class to learn the methods of this procedure and how to create a tincture that may help ease an upset stomach, sore throat and provide immune support.

When: Thursday, February 16, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$15

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

Improving Your Aging Memory



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

When: Wednesday, March 22, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Libby Lewis MA, MEd, CCC-SLP

“Wonderfully warm, enthusiastic speaker! Well organized. Informative.”

Improving Your Aging Memory
class participant

Medicinal Flower

NEW!

Calendula flowers may soothe damaged skin. Violets may calm the heart. Join Kelly Ann Nickerson MS to learn how flowers are used to create health and wellbeing. This class will cover the medicinal uses and preparation of five local plants including sweet flowers.

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

Where: Fidalgo/Burrows Rooms

Cost: \$15

Meditation for Everyday Living



Meditation has been clinically proven to reduce stress, blood pressure and anxiety and help achieve restful sleep. This gentle three-session class, led by an instructor with more than 40 years of meditation experience,

includes guided exercises, attending to what's immediately present in our experience, and an invitation to simply being, rather than doing.

When: Wednesdays, March 15, 22 and 29,

6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

“Wonderful class!”

Meditation class participant

Natural Approaches to Seasonal Allergies

NEW!



Join Naturopathic Physician Alethea Fleming of the Vital Aging Clinic for an informative and fun discussion on seasonal allergies. This class will cover how changes to your diet and home environment

can improve symptoms. We will also review the most popular natural therapies and which ones work best.

When: Thursday, March 23, 2:30 – 3:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

Skincare from Nature

Learn how to make luxurious skin and haircare products using essential oils, carrier oils, hydrosols and more. Oils may help soothe damaged skin. Create your own skin or hair blend to take home or give as a gift! Recipes included for a variety of skin and haircare products.

When: Tuesday, April 25, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes custom blend

Spring Herb Walk

NEW!

Interested in learning how to safely identify and utilize plants native to Anacortes? March is a beautiful time to be outside. Kelly Ann Nickerson MS will help you safely identify 15 different local wild plants focusing on plant structure. Start off with a discussion in a classroom setting and end with an herb walk on a nearby trail. Moderate trail walking required. Wear stable walking shoes. Bring a notebook and pen to take notes.

When: Thursday, March 16, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms & Walking Trail

Cost: \$15

PHYSICAL THERAPY PROGRAMS

Before & After Orthopedic Surgery

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

When: Tuesday, February 14, 1 – 2:30 p.m.

Tuesday, March 14, 1 – 2:30 p.m.

Tuesday, April 11, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Pam McNamee OT/L

“Wonderful. I wish I would have had this class before my first fusion 9 years ago.”

Before & After Orthopedic Surgery
class participant

Osteoporosis: Exercise & Nutrition



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

will be able to do at home.

When: Monday, March 20, 3 – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Linda Lewis PT & Suzie DuPuis RD

"It was great to be able to do the actual exercise in the class!"

Osteoporosis: Exercise and Nutrition class participant

Urinary Leakage



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

vent urinary leakage from a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, March 30, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

SELF-CARE

Chronic Pain Management



Join pain specialist Geoffrey Godfrey with the Center for Pain Management at Island Hospital, for a five-week course that will provide an overview of chronic pain management. Topics covered include a variety of

proven methods that successfully help many individuals live with chronic pain such as an anti-inflammatory diet, guided imagery, non-invasive therapies and more. Includes guest speakers.

When: Wednesdays, April 12 – May 10, 5 – 6:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25

Instructor: Geoffrey Godfrey FNP, MSN

SPECIAL EVENTS

Skagit Spotlight Film Festival

A series of films hosted by local health and social service organizations, featuring topics that impact the lives of Skagit County residents. Each film is followed by a community panel or discussion.

When: Thursdays, January 19 – February 23, 7:00 – 9:00 p.m.

Where: Lincoln Theatre, Mount Vernon

Cost: \$5.00 (suggested donation)

Contact: skagitspotlightfilmfestival.com/

Traffic Safety 101 (Cycling)

Join trained instructors for a smart cycling class to learn or brush up on bicycle safety skills. First will be an evening classroom session to review rules of the road and safe riding practices. Then, in a day-time session, you will have an opportunity to practice riding your bike in a variety of environments -- on and off the streets. Open to adults and youth 14 years and older. Youth must be accompanied by an adult.

When: Part 1 – Thursday, April 20, 6 – 9 p.m.

Part 2 – Saturday, April 22, 8:30 a.m. – 3 p.m.

Where: Skagit Valley Hospital

Cost: FREE to residents of Skagit County (\$65 to non-residents)

Contact: Elizabeth McNett-Crowl, 360-428-2331

Free Blood Pressure Checks

Every Wednesday!

9 a.m. - noon

Island Health Resource Center

Call 299-1309

for more information.

Resources & Support Groups

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

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

Contact: 299-4242

Pulmonary Rehabilitation

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

Contact: 299-4242

HEALTH INSURANCE

In-Person Assisters (Non-Medicare)

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

Contact: 299-4924

SHIBA (Medicare)

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

Contact: 299-4212

LIFELINE®

Lifeline®

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

Contact: 293-7563 or jinsull@islandhospital.org.

MENTAL HEALTH

NAMI (National Alliance on Mental Illness)

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

Skagit HELPLINE: 800-273-8255

Suicide Prevention Lifeline: 800-273-TALK or

800-SUICIDE

Resources and Support Groups

PREGNANT WOMEN, CHILDREN AND FAMILIES

Access to Baby and Child Dentistry (ABCD)

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

Contact: 360-416-1523

Center for Maternal & Infant Care

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

Nurse-Family Partnership

First-time moms who are eligible for Apple Health or WIC can enroll in Skagit County's Nurse-Family Partnership (NFP) program. Moms are paired with nurses who meet with them from early pregnancy until their child turns two, providing personalized information and support for a healthier pregnancy and a more confident parenting experience. Services are provided by Skagit County Public Health at no cost to families.

Contact: 360-416-1523

Skagit Healthy Beginnings Phone Line

NEW!

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

Contact: 360-630-8352 (call or text) Monday – Friday

Women, Infants and Children (WIC) Nutrition Program

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

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

TEENS

Anacortes Teen Clinic

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

Anacortes Teen Clinic Services:

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

Contact: 293-6973

WEIGHT MANAGEMENT

Overweight?

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

Contact: 299-1300, ext. 2567

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: Cypress Room

Cost: \$44.99/month (discounts available – cost includes use of online eTools)

Contact: Marcee, 360-391-8994

SUPPORT GROUPS

The following meet at Island Hospital.

Art & Healing for Cancer Patients

1st & 3rd Wednesday, 2 – 4 p.m.

Merle Cancer Care Center Conference Room

Contact: 588-2082, registration preferred

Breast Cancer Support Group

Call for dates

Merle Cancer Care Center Conference Room

Contact: Danah, 588-2082, registration preferred

Breathe Better

3rd Tuesday, 1 – 2 p.m.

Burrows Room

Contact: Jim, 299-4242

Cancer Caregiver **NEW!**

2nd Monday, 3 – 4 p.m.

Merle Cancer Care Center Conference Room

Contact: Danah, 588-2082

Grief

Every Wednesday, 3:30 – 5 p.m.

Guemes Room

Contact: Doug, 202-1699

Parkinson's

3rd Thursday, 1:30 – 3 p.m.

Fidalgo/Burrows Rooms

Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. – noon

Fidalgo Room

Contact: Carl, 279-8399

Restless Leg Syndrome

Call for dates

Fidalgo/Burrows Rooms

Contact: Charlotte, 293-7328

OTHER ANACORTES SUPPORT GROUPS

Alzheimer's Association - Caregivers

2nd & 3rd Monday, 1 p.m.

Westminster Presbyterian Church, 1300 9th St.

Anacortes

Contact: Ann, 299-9569

Kidney

Meets Quarterly

Anacortes Senior Activity Center

1701 22nd St., Anacortes

Contact: 293-7473

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.

Classes, Screenings & Support Groups

Health Screenings

Sponsored by the Island Hospital Foundation

Balance Screening

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

When: Tuesday, February 21, 10:30 a.m. – 12:30 p.m.

Tuesday, April 25, 10:30 a.m. – 12:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

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, March 28, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Cholesterol & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. Your results will be sent to you in the mail. No appointment required. First come, first served. Please do not arrive prior to 7:30 a.m. Call 299-1309 for questions.

When: Tuesday, April 18, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10 (insurance may cover the cost of your screening)

Colon Cancer Screening

Colon cancer is one of the leading causes of death from cancer 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 at home 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 pick up screening kit in person!**

If you have insurance (other than Medicare or Medicaid), please bring your insurance card. Most insurance plans cover a set of preventative screening tests at no cost to you. We will bill your insurance so you can get credit for this screening. If your insurance doesn't cover the cost of the screening, your cost will be \$10. Call 299-1309 for questions.

When: Tuesday, March 7, 9 – 11 a.m.

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

Cost: \$10

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, February 7, 9:30 a.m. – 4 p.m.

Where: Island Health Resource Center

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, March 21, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Pulmonary Function Screening

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

When: Tuesday, May 16, 8 a.m. – noon

Where: Island Health Resource Center

Cost: FREE

Skin Cancer Screening

Have your skin visually checked for any abnormalities by Lyndsey Switzer PA-C of Rosario Skin Clinic. Appointments are required.

When: Friday, February 10, 8 a.m. – noon

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-4204

Where: Island Health Resource Center

Cost: FREE

July 2016 Screening Results: 29 people participated, 27 required a follow-up visit with their healthcare provider.

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, May 2, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$30

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



Please give blood at Island Hospital

**Monday, March 6
Monday, May 8
10 a.m. - 4 p.m.**

Fidalgo/Burrows Rooms

**Call 299-1309
for an appointment.**



Gala of Hope presents Festival de Flamenco

Festival de Flamenco is the colorful, Old World Spain-inspired theme of the 14th annual Island Hospital Foundation Gala of Hope dinner and auction. This year's event will treat guests to the passion and romance of classical guitar and authentic flamenco dancing by Eric & Encarnacion of Flamenco Seattle. Tapas and sangria are an essential part of the four-course dinner celebrating the fine food of this soulful country.

In addition to enjoying a memorable evening, guests will be pleased to know that all contributions aid patient and community programs, patient assistance, mental health services and new equipment needs.

Please join us in supporting your hospital Saturday, April 29, starting at 5:30 p.m. at the Swinomish Casino and Lodge. Tickets can be purchased for \$150 each at www.myihf.org or by calling the IHF office at (360) 299-4201.

IHF Board welcomes Shirley Vacanti RN, BSN

Shirley Vacanti RN, BSN is the Island Hospital Foundation's newest Board member, bringing added depth with her 40 years of experience in healthcare leadership and education.

Vacanti received her Bachelor's degree from College of St. Teresa, Winona, MN, in 1976 and received strong clinical training at the Mayo Clinic, Rochester, MN, and its affiliated hospitals. Since then Vacanti – based largely at the Swedish and Children's hospitals in Seattle – has both researched and delivered hands-on care in pediatric endocrinology, diabetes, allergy, hematology and oncology, as well as adult oncology.

Avid boaters, Vacanti and Dave, her husband of 37 years, "always loved coming through Anacortes on our sailing excursions to the San Juan and Gulf islands," Vacanti said. "We decided to move our trawler to Anacortes in 2009 and observed the lifestyle and people with a strong draw towards living here."

"I was then, and continue to be, so impressed by our hospital's commitment to meeting the healthcare needs of our community," Vacanti said. "My husband and I moved our medical care here due, in no small part, to our hospital's quality-of-care. It is an honor to participate in this way and give back to this wonderful town and area."



New fetal monitors purchased



As a result of a very successful 2016 Gala of Hope, the Island Hospital Foundation purchased seven state-of-the-art fetal monitors for the Thomas P. Brooks MD Birth Center at Island Hospital. These units allow for wireless connection and better collection of data so that physicians and nurses can monitor the fetus' status during the birth process. OB/GYNs Nadine Foist MD (left) and Kathy Garde MD, of Fidalgo Medical Associates, hold newborns in the Birth Center near one of the new monitors. Generous attendees of last year's Gala contributed \$137,850 during the annual "Heartstrings Appeal."



Representing the Mental Health School Intervention – Social Work Program are (back, left to right) Rotary President Kevin Meenaghan and Community Giving Committee Chair Jack Darnton, with IH Psychiatry & Behavioral Health Social Worker Jocelyn Palmer-Perry (center) and IHF Director Jeannette Papadakis.

Anacortes Rotary raises \$80,000 for teen counseling

Thanks to the generosity of more than 200 guests and community sponsors, the Rotary Club of Anacortes broke fundraising records at its annual community benefit auction, Viva la Fiesta, Viva Rotary, on Oct. 14, 2016. Proceeds from “Raise the Paddle” live auction resulted in an \$80,000 grant to support social work components of the Island Hospital Mental Health School Intervention Social Worker Program at Anacortes High School and Cap Sante Alternative High School.

The philanthropically supported intervention program started in 2011 as a means to help our local schools deal with the gap in mental-health services available for adolescents. Through partnering with the Island Hospital Psychiatry & Behavioral Health clinic, the program has grown steadily and

exceeded expectations. The social-work component was added in 2014 as the Rotary Club of Anacortes stepped up to champion this cause through its fundraising.

Between 2014 and 2015, this important program made it possible for more than 40 students to receive social-work services, and provided more than 250 individual social-work visits. Results of the therapy continue to be significant, with meaningful implications as patients and students consistently show improvement in their lives.

“The momentous support by Rotarians and community members that night was eye-watering,” said IH Foundation Director Jeannette Papadakis. “The ability to continue this important program to care for our students is invaluable. We are very grateful!”

Cancer Walk raises nearly \$10K in gratitude to Merle Cancer Care Center

She walks, she says, “Because I can. Not everyone has that ability.” Karla DeCamp walks nearly every day, and for more than 20 years has participated in walks to help advance the efforts of charities such as the March of Dimes, Susan G. Komen Foundation and the American Cancer Society.

Like too many of us, DeCamp has, throughout the years, known a number of people affected by cancer. Her mother is a breast-cancer survivor, and her father survived a variety of cancers before being diagnosed with colon cancer. “That was six years ago,” DeCamp said. “He died the following year.”

DeCamp’s father and family had been recipients of the amazing, compassionate care and support provided by the Merle Cancer Care Center at Island Hospital, its physicians and staff. “I wanted to do something to thank them,” she said. “I wondered what I could do. The answer came as something natural to me: Walk!”

On Aug. 19, DeCamp brought her wish to fruition with the 1st Anacortes Cancer Walk, an event that raised nearly \$10,000 for the Merle Cancer Care Center. Organized entirely by DeCamp through word of mouth, social media, and flyers posted throughout Anacortes, the event drew 65 walkers to a 20-mile course that began and ended at Seafarer’s Memorial Park. The event had also attracted the generosity of some three dozen Anacortes businesses that donated food and drink, raffle and live auction items. Musicians and a deejay volunteered their time and talents to round out the day which ended in a celebration attended by nearly 150 people.

“It was sweltering – the hottest day of the year, I think – yet ten walkers did all 20 miles,” DeCamp said. “I completed the course, totally exhausted at the end. But I had learned to push myself until I felt I couldn’t do it anymore, all the while envisioning the challenges presented to those diagnosed with cancer and going through treatment. I put myself in their place. I kept walking. At a certain point, walkers stop talking. It then becomes a walking meditation.”

“It was a 100% Anacortes event,” DeCamp said. “A gift from Anacortes to our Merle Cancer Care Center, who has gifted us in unmeasurable ways.”

DeCamp worked in partnership with IHF staff to manage the donations, which were earmarked for the MCCC Patient Relief Fund. That relationship continues, and donations can be made throughout the year in preparation for the 2nd Annual Anacortes Cancer Walk, scheduled for Aug. 19, 2017. To donate or sign up for next year’s walk, visit www.crowdrise.com/AnacortesCancerWalk2017.



Participants hold posters recognizing family members affected by cancer during the open ceremony of the first Anacortes Cancer Walk.

Gratitude flows in both directions at IHF Donor Appreciation Event

There was an unmistakable atmosphere of gratitude at the Island Hospital Foundation's Because of You Donor Appreciation Event held in November at the Swinomish Lodge.

The cocktail reception provided an opportunity for guests to mingle, enjoy appetizers and come together to enjoy the camaraderie. A visual presentation of donors' effect on our community was on display to show results of specific programs supported by the Island Hospital Foundation within the past year.

Board President Troy Kunz extended the official welcome before acknowledging the 32 Island Hospital employees who had been honored as Guardian Angels during the year.

"A Guardian Angels honor," Kunz said, "recognizes those Island Hospital employees who have inspired a gift to the Foundation through their compassion and dedication to helping patients, coworkers, families and community members through their work. This Foundation program pays tribute to each Guardian Angel by sending a hand-written note informing them of their thoughtful gift, their name featured in *Heartbeats Magazine*, and a pin to wear proudly."

The program continued with Island Hospital CEO Vince Oliver, who reflected on the Foundation's recent achievements and spoke about the growing needs of the hospital and the plans for the future.

The main presentation, entitled "It's not just girl talk: current breast-cancer genetics research for both men and women" featured Dr. Leah Oman. Her talk was informative and humorous, inciting a positive reaction and follow-up questions from the crowd. Dr.



Surgeon Leah Oman MD speaks before a large audience at the IHF Donor Appreciation Event.

Oman has been a recipient of numerous professional awards and research grants for her work, and brings a wealth of knowledge and capabilities to the practice of Island Surgeons at Island Hospital.

Closing remarks were delivered by Foundation Director Jeannette Papadakis, who gave recognition and sincere appreciation to all those in the room. She shared touching stories of the lives being improved because of the ability to continue programs and assistance as well as fill the gaps through donor support of Island Hospital and its Foundation.

CHAPLAINS continued from Page 6

passionate presence during difficult times. Chaplaincy isn't about "church-y" things. Chaplaincy is about sharing our common humanity, regardless of religion, politics or any other categories we use to divide.

In early December, I experienced the skill and compassion of the staff at Island Hospital when I had two discs replaced in my neck. Island Hospital does an amazing job in supporting the healing of the whole person, and I am grateful to have first-hand experience from both sides of the surgery door!

Kevin Noyes

As a near 20-year first responder, and having grown up around emergency services, I was taught and have learned that giving back to your community is highly important.

Chaplaincy at Island Hospital brings an exciting and humbling new chapter in my life-long endeavor

or to give back. In the experience of a responder, once someone goes to the hospital, we usually don't learn how they are doing unless or until we are called again. As a chaplain, I am able to aide in the person's recovery. I have been hospitalized a few times in the past few years, and I know from personal experience that having someone come see you with a word of encouragement, hope, or just a warm hand to hold can do a lot towards recovery.

Now a pastor-in-training at Living Rock Foursquare, and endorsed Chaplain through Foursquare, I feel this opportunity to serve in a new way is part of the incredible journey God is taking me on.

The Pastoral Care office is located near the chapel and main entrance to Island Hospital, 1211 24th Street, Anacortes. For information about services provided or to speak with the on-call chaplain, call (360) 661-4733.

Remembering

The Island Hospital Foundation received gifts to remember and honor those listed from September 10 through December 31, 2016

IN MEMORY OF:

Marion Acuff	Dennis J. Heggem
Jack Anderson	Doris C. Holmes
Bob Bell	Tom & Ingrid Kassler
Edwin Zane Brown	Mary
Marcus Brown	Prudy Mondhan
Gwen Buchan	Carolyn Moore
John Busch	Hadi Mostafavi-Nassab
Carol Chaplin	Judy Odegaard
Richard S. Cole	John J. Phillips
The Copeland Family	Marilyn Rodenhuis
Bruce Denton	John Sargent
Donald C. Ellis	Richard Shipman
Don Elo	Yvonne B. Tollefson
Shirlee Garrett	Helen G. Tucker
Philomena Gindhart	Sylvia Watkins
Murray Goddard	Chris Whatley
Joan Gorow	Gary Wiggins
Axel Green	William J. Wortman's parents
Madge M. Greer	Charlotte Yablonsky
John & Marion Hazel	Herbert Zimmerman, MD

IN HONOR OF:

Kyra Lourdes Briones	Jean Penney
Barbee Cromack	Sharon Kay Scott
Jamie Cromack	Lucille Werner
Vince Oliver	Ian Wright

GUARDIAN ANGELS:

Susan Butler	The Cancer Care Team
Dr. Justin Curran	The Home Health Team
Stacie Hansen RN	Dr. Theodore Kim
Dr. Jason Hogge	

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

For Information:
(360) 299-4201



Director Tom Schaltenbrand RRT, MBA pauses momentarily with several of his outstanding Respiratory Care Services staff including (from right) Leslie Hammonds RRT; Tammy Ackard RRT, CPFT; and Kristin Stamulis RRT, CPFT.

SUPPORT DEPARTMENT SPOTLIGHT

Caring for breathing problems, disorders

The Respiratory Care Services Department (RCS) at Island Hospital cares for patients of all ages who have breathing disorders or problems. The Department is staffed 24 hours a day, seven days a week, providing support when necessary to all hospital patients.

“Immediate access to the evaluation and treatment of heart- and lung-related problems are critical to a positive outcome,” said Director of Respiratory Care Tom Schaltenbrand RRT, MBA. “A patient’s condition can change quickly, so we’re always ready to make adjustments in treatment when necessary.”



Leslie Hammonds RRT works in the Emergency Department. Respiratory Care Services staff works in every inpatient department in support of patients that have breathing problems or disorders.

Respiratory Care practitioners are trained in advanced airway management and perform diagnostic tests to assess lung and cardiac function and operate monitoring equipment and life-support systems in emergency and critical-care settings.

They also perform life-support and therapeutic procedures, including:

- Cardiopulmonary resuscitation and airway management
- Breathing treatments
- Chest physical therapy
- Mechanical ventilator support
- Administration of oxygen and aerosolized medications
- Electrocardiograms (ECGs)

RCS therapists work with physicians, nurses and other healthcare professionals in planning, evaluation and treatment of patients with pulmonary (lung-related) and cardiac disorders. They also teach patients and families about pulmonary disease, respiratory equipment and home-care therapy.

All members of the Island Hospital Respiratory Care Services Department are licensed through the Washington State Department of Health and are registered or certified Respiratory Care practitioners, credentialed by the National Board of Respiratory Care. Each is required to regularly complete continuing education to maintain licensure. All Respiratory Care practitioners are certified in advanced cardiac life support, neonatal resuscitation and basic life support.

For more information call (360) 299-1363 or visit www.islandhospital.org.

March for Meals – 2017 Bowling Bash

Meals on Wheels in Skagit County is a program that provides seniors with a daily hot meal. In 2016, more than 3,100 Skagit seniors received approximately 142,000 meals of which 82,000 were delivered to their homes through the program. Meals on Wheels depends on financial support to continue with this vital and highly utilized service.

Interested in contributing? Join the annual March for Meals campaign to help raise funds and awareness of the need in Skagit County.

Bowling Bash – March 25

Sponsor or form a team of four to enjoy two games of bowling, food, refreshments and prizes! The team entry fee is \$250.

Wii Bowling Bash – March 22

Not a fan of standard bowling? Sponsor or form a Wii bowling team instead. Includes the same fun and prizes as the standard Bowling Bash event!

Visit www.bowlingbash.org or call Sally Hill at the Anacortes Senior Activity Center at (360) 293-7473 for more information.



ECRWSS Resident

Better Nights = Better Days

Symptoms of sleep disorders include:

- **snoring or gasping for air**
- **morning headaches**
- **memory problems**
- **loss of concentration**
- **vehicular accidents**

Studies show that more than 50 million Americans experience some level of sleep deprivation.

WE CAN HELP!

360.299.8676 FOR INFO OR APPOINTMENT

Lack of sleep can increase risk for:

- **heart disease**
- **diabetes**
- **obesity**
- **depression**
- **stroke**
- **dementia**



ISLAND HOSPITAL
**SLEEP WELLNESS
CENTER**

1110 22nd St., Anacortes
HCA Center of
Excellence/Preferred
Provider



www.islandhospital.org/sleepwellnesscenter