



ISLAND HOSPITAL

Winter 2013

# Hearthbeats

*Magazine*



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move to better  
sleep! p. 9**

**Protect yourself from  
osteoporosis! p. 7**

**Aesthetic services  
expand p. 12**



## Commissioner Message

# Collaborating, planning for a healthy future



By Jan Iversen

Island Hospital Board of Commissioners

The Island Hospital Board of Commissioners and Administration are in ongoing discussions of how we can continue to meet the healthcare needs of west Skagit County, north Whidbey and the San Juan Islands; and stay strong financially for the long term. Two major Board initiatives are the collaboration with two area hospitals and campus planning by reconvening the IH2020 task force.

### Three-hospital collaboration

More than a year ago, Island Hospital signed an interlocal agreement to work collaboratively with Skagit Regional Health (Mount Vernon) and Cascade Valley Hospital (Arlington) to enhance patient care, improve our market stability and seek ways to work together while maintaining each organization's independence, local identity and autonomy.

In early 2012, the three hospitals joined in sending out a Request for Indication of Interest to a dozen in-market and out-of-market, for-profit and nonprofit hospitals and healthcare systems, to see if any were willing to discuss a tertiary relationship. Many recipients responded with high interest and were vetted by our consultants and our three-hospital steering committee. Only those that we believe will best meet our needs will receive a Request for Proposal (RFP). The RFP is currently being developed by the three hospitals and we expect this to be sent to the interested organizations in early spring.

Healthcare organizations are facing challenging times with distressed national and state economies, lower reimbursement for services, and large systems eyeing market areas served by the three hospitals. This agreement is seen as a way to gain strength in the four counties served by the districts – Skagit, Snohomish, Island and San Juan. Furthermore, pending healthcare-reform legislation, state budget cuts, uncompensated care and an aging population are exerting pressure on shrinking hospital revenues.

### IH2020 – Developing our campus

The IH2020 task force established in 2008 reviewed community and physician needs, directing our focus on how to strategically plan our campus. The Island Hospital Board of Commissioners and Administration engaged physicians, department managers and community members for input; eventually resulting in the development of the Medical Arts Pavilion adjacent to the Emergency Department. This extraordinary building opened in January 2012 housing the Merle Cancer Care Center; Physical, Occupational & Speech Therapy; and the new Wound Care & Hyperbaric Medicine Center.

Last month, the IH2020 task force reconvened to continue our strategic campus-planning process. We are reviewing and updating the 2008 plan to chart campus development, including facility needs, through 2020 and beyond. One of our first decisions was to move out the date of the task force, now named IH2035. We are meeting with Seattle architectural firm NBBJ to make informed assumptions about the future and utilize our campus to meet our community's growing demand for services.

The Medical Arts Pavilion has been a tremendous success and it's our goal to continue to lead the development of Island Hospital as effectively and cost efficiently as possible.

Your Board of Commissioners encourages community members to contact us directly with your concerns, ideas and recommendations. The new Island Hospital website has a section under Leadership which includes contact information. We hope you will visit [www.islandhospital.org](http://www.islandhospital.org) often to keep up with our programs, plans and achievements all designed to provide the best healthcare experience for our community.

# C.W. "Buzz" Ely MD brings a diverse record of service



C.W. "Buzz" Ely MD has assumed the position of President of the Island Hospital Board of Commissioners, continuing to bring his experience and perspective as a medical professional to that panel. Dr.

Ely and other board members work to ensure that Island Hospital's long-term strategic plan maintains financial stability of the organization while continuing to provide quality, close-to-home healthcare to an increasingly diverse community of patients.

Dr. Ely received his MD from the University of Michigan, Ann Arbor, MI and as a board-certified specialist in Obstetrics and Gynecology, he practiced at hospitals in Michigan and Wyoming before joining the staff of Island Hospital in 1987. He retired from practice in 1998 and joined the real estate firm of John L. Scott in Anacortes where he is now a managing broker. Dr. Ely was first elected to the Hospital Commission in 1998 and is currently serving his third board term and second term as president of the panel.

Dr. Ely's wife, Betty-Anne, also has a long record of service at Island Hospital as past Director of Nursing Services, Assistant Administrator of Patient Services and currently as a nursing volunteer in the Merle Cancer Care Center. "Both Betty-Anne and I feel privileged to be part of this community," said Dr. Ely. "We are glad to join so many others who take satisfaction in being of service to Island Hospital, its exceptional and caring staff and its community of patients."

## New year, new challenges

By C.W. "Buzz" Ely MD

President, IH Board of Commissioners

I believe that 2013 will be a year of transition for healthcare in our community and in our country as the Affordable Care Act (ACA) continues to be implemented. Already, patients who previously have had to pay insurance deductibles or co-pays for screening, counseling, tests and other services to detect serious medical conditions early, have expanded access to these preventive-care services free of charge. By this time next year, all 50 states will be required by

*continued on Page 23*

# As I See It...

By Vince Oliver, IH  
Chief Executive Officer



## How to save \$3.6 million

I am delighted every time I hear patients and visitors compliment our modern, comfortable and attractive hospital. It wasn't long ago that we were trying to get by with outdated, cramped and worn-out facilities; but that all changed with the Island Hospital Renovation & Expansion Project (IHREP) that was completed in 2008.

After years of study and planning, we asked our community (actually, voters in Skagit Public Hospital District No. 2, which comprises Fidalgo, Guemes, Sinclair and Cypress islands) to fund \$30.5 million of a \$40.5 million project to renovate virtually all of our patient-care facilities. The bond-levy vote overwhelmingly passed (79% approval!) and we were on our way to deliver the new, first-class Island Hospital.

A downturn in our economy caused interest rates to decrease significantly and our Board of Commissioners directed Administration to secure a better rate on the outstanding principal of this bond. As a result, we have been able to secure financing that will save our community property owners \$1.6 million over the loan term.

In 2012, property owners paid \$68.03 per \$100,000 of assessed property value for the Island Hospital's bond and operations levies. This year, and beyond, taxpayers liability drops to \$66.87 per \$100,000 assessed valuation.

I know from community reaction that we did well to upgrade, expand and renovate Island Hospital. Our Emergency Department, Acute Care floor, Diagnostic Imaging center, central registration, Birth Center, chapel, front lobby and gift shop are meeting local demand very well.

## One year ago...

Our Medical Arts Pavilion (MAP) is a year old now and also doing very well. We continue to hear great feedback about the building's functionality and aesthetics. Physical, Occupational & Speech Therapy continues to see growth in volumes and our Wound Care & Hyperbaric Medicine Center has been a very pleasant surprise with higher-than-expected utilization.

Also located in the MAP is the Merle Cancer Care Center (MCCC). It is especially satisfying to receive such high praise from patients -- who are obviously going through a very trying time -- their families and staff about this state-of-the-art setting. I believe we have a high-quality facility that matches the high-quality care provided by the MCCC staff.

The MAP was financed under the New Markets Tax Credits program that saved us nearly \$2 million on a \$10.3 million project. No tax money was asked or used for this project.

I sincerely hope that Island Hospital has maintained the trust of our district's residents. We will continue to do all we can to meet our community's health needs, utilizing the most cost-effective approaches available.

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:

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

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### Heartbeats

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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.

# First-rate cancer care, genuine caring

**A**t 67, Friday Harbor resident Sharon Maya had never experienced a major illness. Then she was diagnosed with a form of Non-Hodgkin's Lymphoma and was facing her first massive chemotherapy infusion at Island Hospital's Merle Cancer Care Center (MCCC).

"I was in shock and I was scared," said Maya. "Then one of the Oncology nurses held my hand and spoke quietly to me. I can't remember what she said, but it made me feel a little better and a little more ready to face what was ahead."

Maya's diagnosis came in May 2012 when her cancer, linked to a tumor on her ankle, was finally identified by MCCC Oncologist Theodore Kim DO. "I never believed it was anything serious, but Dr. Kim wouldn't give up. After a year of inconclusive tests, scans and examinations, he found the problem," said Maya.

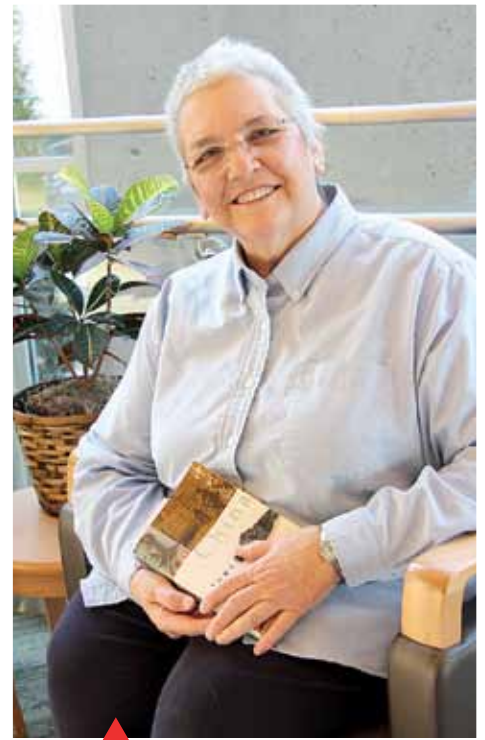
"I'll always be grateful for his tenacity."

Maya's treatment regimen was exhausting and often frustrating. After her first infusion session it was discovered that her ankle had

fractured at the tumor site, requiring further hospitalization and confining her to a wheelchair for six weeks. She also had to make more than two dozen trips from Friday Harbor to Island Hospital in Anacortes to receive white blood cell-boosting injections in addition to six all-day infusion sessions.

Maya and her husband, John, say that her cancer treatment has been difficult, but both agree the environment at Merle Cancer Care Center and the nurses and staff have made the experience easier to handle. "The designers of this facility, with its light-filled spaces and curved surfaces, knew how to create a peaceful place that encourages healing," said John Maya. "That, coupled with the genuine caring of the nurses and staff, continue to help us both through a difficult time."

Earlier this month Maya had her three-month checkup with Dr. Kim. Scans showed no signs of lymphoma and she is hopeful that with the treatment and care she received at Island Hospital, she can begin to put cancer behind her.



*Sharon Maya has been impressed by the Merle Cancer Care Center staff and facility.*

## Happy New Years congratulations!



*Kirstin and Curtis Weingel of Oak Harbor are proud parents of a baby girl, Carli Weingel; the first baby born at Island Hospital in 2013. Carli was welcomed into the world at 1:44 a.m. on Jan. 1, weighing in at 6 lbs. 7 oz. and measuring 18 in.*

## 9th Annual March for Meals

**M**arch for Meals is a community celebration designed to give friends, family and neighbors the opportunity to raise funds to support the Meals-on-Wheels Program in Skagit County. Skagit County Meals on Wheels has been providing meals to homebound seniors for over 30 years.

### Coming in March!

- **Friday, March 1** - Kick-off Spaghetti Feed at the Anacortes Senior Activity Center  
– 4:30 & 6 p.m. seatings  
– \$10/adults, \$5/children (10 & under)
- **Wednesday, March 13** - Wii Bowling Bash at the Anacortes Senior Activity Center
- **Saturday & Sunday, March 16 & 17** - Bowling Bash at San Juan Lanes & Grill

### Several ways to support March for Meals:

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

On average, Meals on Wheels serves 500 meals per weekday to Skagit seniors. Approximately 120 of those meals are served right here in Anacortes. In 2012 we served 130,000 meals to 3,000 seniors county-wide. Of those, approximately 27,000 meals were served to over 700 seniors in the Anacortes community.

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



## The Walk-In Clinic welcomes new provider



**J**on Patton PA-C has joined The Walk-In Clinic at Island Hospital and will begin seeing patients in February. The Clinic provides non-emergency medical care for conditions ranging from flu, migraines and sore throat, to cuts, urinary infections, rashes and much more.

Before joining The Walk-In Clinic, Patton worked as a Family Practice Physician Assistant at Cle Elum Medical Center, Cle Elum, WA providing acute care, chronic disease management and preventive care.

He also served as a emergency department technician at Valley Hospital and Medical Center, Spokane Valley, WA and as a wildland firefighter EMT-B with the US Forest Service Ranger Station, Newport, WA.

Patton holds a Bachelor of Clinical Health Services degree from the University of Washington Physician Assistant Program, Seattle, WA. He served a Family Practice Preceptorship at Newport Family Medicine, Newport, WA and clinical rotations in cardiology, general surgery, emergency medicine, high-risk obstetrics, and inpatient care at several Washington State hospitals and medical centers. Patton is certified by the National Commission on Certification of Physician Assistants and is licensed by the State of Washington.

After moving west of the mountains, Patton, his wife, and their three children plan to enjoy outdoor pursuits such as hiking, climbing and paddle boarding, while making time to learn sailing and crabbing.

## Bryan Murray MD earns Hospitalist certification



**B**ryan Murray MD, a physician with Island Internal Medicine and La Conner Medical Center since 2004, has earned official certification as a Hospitalist by the American Board of

Physician Specialties (ABPS). Hospitalists are doctors of internal medicine whose medical practices are focused on treatment of hospitalized patients by monitoring, coordinating and evaluating their inpatient care.

Dr. Murray earned a Bachelor of Science degree in Psychology from Brigham Young University, Provo, UT and an MD degree from the University of Kentucky Medical School, Lexington, KY. He served his Residency in Internal Medicine in the San Joaquin Valley Program, University of California, San Francisco, CA. An internal medicine specialist with broad experience in critical care and non-invasive cardiology, Dr. Murray's other medical interests include diabetes, rheumatology and adult health maintenance.

Prior to joining Island Internal Medicine, Dr. Murray was with the Central Utah Medical Clinic, Payson, UT, where he served terms as Medical Department Chairman and Chief of Staff at the city's Mountain View Hospital. He also served as Medical Director of Payson Nursing and Rehabilitation Center.

Dr. Murray and his wife, Kristine, enjoy spending time with their six children in various outdoor activities and musical pursuits.

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

## IH CFO Peter Swanson retires



*Peter Swanson, Island Hospital's Chief Financial Officer since April 2003, retired on Dec. 31, 2012. Swanson started at Skagit Valley Hospital in 1971 and is known for his honesty, integrity and likeability. "Peter Swanson made me a better CEO," noted Vince Oliver, IH Chief Executive Officer at Swanson's retirement party, where this photo was taken. With Swanson (second from left) are his sons Kurt (left), Torey (second from right) and Erik.*



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

## Greg Barley RN named Emergency Department Director

**G**reg Barley RN, who has worked at Island Hospital for several years in key nursing and administrative positions, has been promoted to Director of the



Emergency Department. Prior to assuming his new role, Barley was ED Clinical Coordinator where, in addition to providing trauma and emergency care to a

diverse population of patients, he served as liaison with Swedish Medical Center's Stroke Program in Seattle, a collaborative initiative that provides timely evaluation and treatment of IH stroke patients.

Barley honed his medical and managerial skills as a US Army Reserve officer and has served in positions of increasing responsibility since 2005. Most recently he managed the 6250th US Army Hospital at Joint Base Lewis-McCord, Tacoma, WA directing more than 250 professional and technical hospital personnel. Previously he served as a training, planning and operations officer for the hospital while maintaining his nursing credentials and readiness for deployment. Also as part of his Army Reserve tenure, Barley served as a clinical and charge nurse at Madigan Army Medical Center, Tacoma, WA and at Womack Army Medical Center, Fort Bragg, NC. He also worked as a clinical staff nurse at Valley Medical Center, Renton, WA and at Harborview Medical Center, Seattle, WA.

Barley earned a Bachelor of Arts degree from the University of Colorado, Boulder, CO and a Bachelor of Science in Nursing degree from Chamberlain College of Nursing. He is licensed as a Registered Nurse by the State of Washington and holds current certifications as an emergency nurse and in advanced pediatric, cardiac, trauma and basic life support care. He is a member of the Emergency Nurses Association and the American Trauma Society.

Barley and his family have lived in Anacortes since 1997. In his new position he hopes "to provide the highest quality of care possible with our dedicated nursing and medical staff to patients in Anacortes and in surrounding communities."

## Elise Cutter named Island Hospital CFO



**E**lise Cutter has been named Chief Financial Officer of Island Hospital. Formerly the Director of Business Operations and Physician Clinics, Cutter replaces Peter Swanson, who recently retired after nearly a decade of service during which he oversaw major expansions and improvements in the hospital's facilities and services.

"I was very fortunate to have had Peter's wise counsel on fiscal and a variety of other matters," said Hospital CEO Vince Oliver. "I have every confidence that Elise, who has been recognized as one of Island Hospital's ablest managers, brings the same high level of expertise, strategic thinking and common sense to this key position. I value the opportunity to continue working with her."

Cutter received a Bachelor's degree in Science and Accounting from Villanova University, near Philadelphia, PA. Prior to joining Island Hospital in 2001, she was employed at Deloitte & Touche, Seattle, WA and as a controller for a manufacturing firm in Everett, WA.

In 2002, Cutter was named Island Hospital Employee of the Year and in 2007, as IH Finance Director, she received the coveted Management Leadership Award. Following assignments that took Cutter and her Naval Flight Officer husband Matt to duty stations in Tennessee and Rhode Island, the family returned to Anacortes in 2011 and Cutter rejoined the IH management team.

As CFO, Cutter will sit on the hospital's Administrative Council with Oliver and Chief Nursing Officer Lois Pate RN and will attend monthly Board of Commissioners meetings. With many changes and uncertainty in healthcare today, she feels her role is to provide accurate, timely and relevant financial information to the CEO and Board members. "This will help us make sound decisions on how to position Island Hospital in the future," she said.

## Tonja Dunton RN heads Thomas P. Brooks MD Birth Center

**T**onja Dunton RN brings 16 years of nursing experience and an upbeat, can-do attitude to her new position as Director of the Thomas P. Brooks MD Birth Center at Island Hospital. She began her nursing career here in 1997 and has helped to make the birthing experience positive for countless mothers, babies and families.

As department head Dunton says she will strive to ensure that all healthcare professionals in the Birth Center have the tools and sup-

port they need to provide the best care possible. "I love being part of Island Hospital," she said. "I feel blessed to have a spectacular staff to work with."

Dunton is licensed as a Registered Nurse by the State of Washington. She received an Associate degree in Nursing from Skagit Valley College, Mount Vernon, WA and will enroll soon in an RN-to-Masters degree program in Nursing with Western Governors University.

A native of Anacortes with deep roots in the community, Dunton lives here with her family.



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*Radiology Technologist Amanda Sims performs a DEXA scan, which is painless, non-invasive and takes only a few minutes.*

## Early detection, timely treatment curbs osteoporosis

Each year, 1.5 million Americans suffer from bone fractures caused by osteoporosis, a bone-thinning disease with consequences that can include immobility, hospitalization, decrease in quality of life and even death. With millions at risk, women are four times as likely to suffer from osteoporosis as men. Postmenopausal onset of the disease is most common and characterized by rapid loss of bone mineral density (BMD) which correlates to bone strength and the ability to bear weight.

Among other common risk factors for osteoporosis are:

- low body weight or thin stature
- advanced age
- recent falls and bone breaks
- cigarette smoking
- lifelong low calcium intake

Many who suffer from osteoporosis do not even know they have the disease until a bone fracture occurs or they have a screening test ordered by their doctor. To accurately gauge BMD levels, the most widely used method is Dual Energy X-ray Absorptiometry or DEXA scanning.

“DEXA is the industry-standard way

to measure bone density and gives your provider the most accurate information to determine your risk for osteoporosis-related fractures,” said Rod Dalseg, Director of Diagnostic Imaging at Island Hospital. “It’s also necessary to pair that technology with highly trained health-care professionals and doctors well-versed in interpreting scan results,” he added.

Left untreated, osteoporosis will progress until bone fractures occur. The entire skeletal structure is at risk, but of most concern are hip and spinal fractures. A fractured hip impairs ability to walk, may cause permanent disability and almost always requires major surgery. Spinal fractures also have serious consequences including deformity, severe back pain and loss of height. Early detection and therapy can help avoid these complications.

A DEXA scan – which requires approval from a healthcare provider – is painless, takes only a few minutes and is similar to having an X-ray. For more information, contact the Island Hospital Diagnostic Imaging Department at 299-1315.

## Debra Harter MA CCC-SLP joins IH Speech Therapy program

Speech-therapy services at Island Hospital have expanded with the addition of Debra Harter MA CCC-SLP, who joins Alisha Kleindel MS CCC-SLP. The Speech Therapy Department is a part of Physical, Occupational & Speech Therapy (POST) at Island Hospital, which is now staffed to meet growing demand for speech and language therapy services for area patients.

Harter earned an Associate of Arts and Sciences degree from Edmonds Community College, Edmonds WA, a Bachelor of Science degree in Speech and Hearing Sciences from the University of Washington, Seattle, WA and a Master of Arts degree in Speech and Hearing Sciences from Washington State University, Spokane, WA.

Prior to joining Island Hospital, Harter was Rehabilitation Director and a Speech Language Pathologist at Life Care Center of Skagit Valley, Sedro-Woolley, where she handled management, training and program development duties. She also served in a similar position with Shoreline Health and Rehabilitation, Shoreline, WA.

Harter has built a broad base of experience as a speech language pathologist in healthcare organizations such as the Fidalgo Care Center and San Juan Rehab and Care Center - skilled nursing facilities located in Anacortes, WA - as well as other regional rehabilitation and care centers in this region.

The Speech Therapy Department at Island Hospital welcomes new patients for services that include: swallowing deficit, speech and articulation, stuttering, voice and language disorders and more. For information, call (360) 299-1328.



*Alisha Kleindel MS CCC-SLP (left) and Debra Harter MA CCC-SLP provide comprehensive speech and language therapy.*

*Island Hospital opens 1962*

# Courageous, intelligent leadership brings comprehensive hospital to Anacortes

Establishing a new hospital district, building a new hospital and hiring the best staff possible was quite a dream for a small Pacific Northwest Island community in the late 1950s. However, the spirit and energy of a small group of women and thoughtful leadership by a strong and popular (and new) Board of Commissioners resulted in what locals called the best small hospital in Washington.

In an effort led by the hospital Auxiliary – which held fundraising events such as fashion shows and initiated door-to-door election campaigns – the idea of a Fidalgo Island hospital district with the ultimate goal of a new facility became reality. Ho Taylor, Jo Driftmier and Estelle Ferguson have been credited with the initiation of the district, many others played vital roles in Island Hospital's early-years success. In fact, one couple, Dr. and Mrs. William Long, had tremendous effects on the young hospital district as Physician/Commissioner and Auxilian, respectively.

Dr. Long served on the first Board from 1960 to 1972 and was honored with the prestigious Anacortes Junior Chamber of Commerce 1960 Man of the Year award for his work on a new hospital district and facility.

"Bill Long was a young, well-trained and very honest and ethical doctor," said Tasker Robinette, Island Hospital's first Administrator. "Mrs. (Jan) Long was instrumental along with Ho, Jo and Estelle in the effort that ultimately brought a new hospital to Anacortes."

These four women are credited with much of the "groundwork" resulting in the formation of a hospital district, gaining public favor among the district electorate and inspiring many in the community to take part.

"It was with pride that I joined these women in campaigning for the new hospital," said Jeri Strom who, as a young RN, moved to Anacortes with husband Bud Strom DDS in 1955. "What an absolute thrill to see it become a reality."

"These ladies formed the hospital district by convincing the original Commissioners into running for the hospital board position," said Robinette. "They chose Dr. Long, Mel Holland, a shareholder at the plywood mill in



*Island Hospital's first Administrator and Superintendent Tasker Robinette addresses the crowd at the dedication ceremony for the new Island Hospital in September 1962. Seated behind him are (from left) Anacortes American publisher Wallie Funk, IH Commissioner Mel Holland, IH Commissioner and Physician William Long MD, Rev. Richard Boyde, building contractor Jack Snelson, Rev. R.L. Stanford and Board of Commissioners Chairman Arnell Johnson.*

town, and Arnell Johnson, a local school principal. Three very astute gentlemen."

Jo Driftmier's husband, Ben, was an attorney who helped submit the legal paperwork to the State of Washington to form Skagit County Public Hospital District No. 2. He remained close to the Board of Commissioners, attending meetings regularly, and provided opinions on virtually all aspects of the new district and hospital facility.

"This first Board deserves major credit for the initial process of building a high-quality hospital instead of just a new building," noted Robinette.

The first Director of Nursing was Vera Mudge RN. She was selected by Robinette to develop a top-notch nursing staff that focused on high-quality patient care. One of her first selections was a very young and skilled Sarah (Sadie) Tobien RN as Supervisor (now called "Director") of Surgery. (An interesting side

note: Upon Tobien's retirement, Bojan Kuure RN was named Director of Surgery and continues in that role today. Island Hospital has

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**Coming May 11th!**

**Island Hospital's  
50th Anniversary  
Celebration**

Featuring a health fair,  
screenings, exhibits,  
presentations, healthy  
snacks and raffle drawings!

Watch for more  
information in the spring!



# SLEEP WELLNESS AT ISLAND

## “I’m good for another 20 years and 100,000 miles”



Adrean Harris enjoys her time boating the local waters with husband George.

Adrean Harris didn't think she had a sleep problem. The 74-year-old La Connor resident wasn't overweight and suffered from few of the underlying health problems usually associated with sleep disorders. But when her husband, George, reminded her that she snored and felt tired most of the time – even to the point of nodding off while driving – Harris asked her primary-care doctor to arrange an evaluation at the Island Hospital Sleep Wellness Center.

“I was skeptical at first,” says Harris. “The staff hooks you up to all these sensors and then they assure you they’ll be watching you all night.” Harris didn't think she would drop off during the session, but she did, and was surprised to learn that she had awakened momentarily more than 30 times an hour while being monitored.

Diagnosed with *Obstructive Sleep Apnea* (OSA), Harris was fitted with a *Continuous*

*Positive Airway Pressure* mask (CPAP), a device that helps people with the condition breathe more easily. But she wondered whether she could tolerate wearing the device while sleeping.

Harris says she didn't do very well the first couple of nights, but by the end of a week, she was feeling more rested than she had in a long time. “Dr. Reyna (the Sleep Wellness Center Medical Director) and other staff members made the whole process easy,” says Harris. “They understand that the sleep evaluation can be uncomfortable and they couldn't have been more efficient and gracious. Now I'm sleeping with the CPAP through the night and feel rested during the day. I figure I'm good for another 20 years and 100,00 miles.”

The Island Hospital Sleep Wellness Center is located at 1110 22nd Street (corner of O Avenue), Anacortes. For information and appointments call (360) 299-8676.

## Better sleep keeps local musician in tune

By day, Guemes Island resident Tim Wittman is a Psychologist with the Burlington-Edison School District. But often by night and weekends, he's part of *Cannery Underground*, a popular local folk duo that sets some of this region's maritime folklore and yarns to music.

Wittman's life was full with his day job, writing and performing his music and distance running, but a good night's sleep was getting rarer and his energy levels were dropping.

“I hadn't been sleeping well for several years, but when it began to affect my work,

music, running and, according to my wife, my disposition, I asked my primary-care physician, Dr. Mark Backman (Fidalgo Medical Associates, Anacortes), if a sleep study was appropriate.”

Wittman made an appointment for an overnight session at the Island Hospital Sleep Wellness Center where staff recorded his sleep patterns and monitored his brain waves, heart rate and oxygen levels. Their study showed that Wittman awakened momentarily more than 44 times an hour during sleep and his oxygen levels dropped to 69%.

Diagnosed with sleep apnea – a condition in which constant interruptions of sleep cause sufferers to wake feeling unrested – Wittman was fitted with a sleep mask to help him breathe more easily. He was amazed when the quality of his sleep improved dramatically.

“I had tried a mask years ago, but it was uncomfortable and I didn't wear it long,” he said. “What a difference small advances in technology can make. The new sleep mask fits perfectly and that makes all the differ-



Psychologist Tim Whittman also writes and performs music.

ence. I sleep through the night and wake up feeling energized and refreshed. It's a bit like matching the right lyrics to the right music.”

The Island Hospital Sleep Wellness Center is located at 1110 22nd St., Anacortes. For information and appointments call (360) 299-8676.

**Free Blood  
Pressure Checks**

**Every Wednesday  
9am - noon**

**Island Health Resource Center**

# THANK YOU FOR YOUR SUPPORT IN 2012!



## VIDEO

Overwhelming support came from volunteers and staff to help produce a heartwarming video featuring patients, volunteers and caregivers. Together, we celebrate the 50th Anniversary of Island Hospital. Watch the video at [www.islandhospitalfoundation.org](http://www.islandhospitalfoundation.org).

## PUTTIN' ON THE RITZ

The 2012 Gala of Hope was an amazing success. Over 275 guests turned out for "Puttin' on the Ritz" at the Port of Anacortes Warehouse in April, raising over \$189,000. During the evening, guests donated over \$60,000 for the new Oncology Pharmacy.

## A NEW ONCOLOGY PHARMACY

A challenge match during our annual Spring Appeal inspired gifts totaling \$90,000 to help build a new Oncology Pharmacy in the Merle Cancer Care Center. This unit is now operational with a dedicated Oncology Pharmacist. The addition has dramatically reduced the amount of time cancer patients wait to have their infusion medications mixed.

## ISLAND HOSPITAL GOLF CLASSIC

144 golfers joined CEO Vince Oliver for the 11th Annual Golf Classic at Skagit Golf & Country Club in August. Many businesses and individuals together helped raise nearly \$75,000 for Island Hospital programs and services.

## iGive...

Our employees are the backbone of our hospital. They care about our patients to the tune of \$25,000 in 2012 pledges! This demonstrates their dedication to quality services at Island.

## GIVING HIGHLIGHTS

Many individuals, businesses, corporate partners and community organizations made it possible for Island Hospital Foundation to transfer a total of over \$530,000 to Island Hospital in 2012! These funds support Community Health Screenings, the Health Resource Center, medical relief grants and a Mental Health Intervention Program in partnership with Anacortes schools. A new opportunity to support patients was established through the Barto Patient Assistance fund. The support of local community organizations such as Soroptimist International, Kiwanis Club, Lions Club, Rotary and Christ Episcopal Church contribute to maintaining vital programs such as the Prenatal Care and Teen Clinics and Oncology Lodging Grants. The Foundation has produced an Annual Report with detailed financial data, funding for programs and services as well as a listing of our generous donors. Please contact the Foundation office for a copy of this report.





## Barto Patient Assistance Fund established

**J**erry and Jan Barto have stepped up on several occasions to support Island Hospital - whether it's sponsoring the annual *Gala of Hope* or matching the donations of those who contribute to the Island Hospital Foundation (IHF). Now the couple has established a new philanthropic initiative -- a \$100,000 gift that will provide financial support to IH patients struggling to pay their hospital bills.

The *Barto Patient Assistance Fund* is aimed at helping individuals whose incomes are too high to qualify for state services, but insufficient to pay for a large or unexpected hospital bill. These patients often fall through the safety net that allows patients who cannot pay for care to tap existing social services, according to IHF Development Director Bernadette Stanek, who has been working with the Bartos to establish what they hope will be an ongoing fund. "This gift represents an important and valuable funding initia-

tive," said Stanek. "It demonstrates how the Foundation continually strives to improve healthcare in our community."

Jerry Barto, who also serves on the IHF Board, said that although he and his wife have not needed Island Hospital services as yet, he's glad that quality, close-to-home healthcare is available and believes it brings great and lasting value to this community. "In making this gift, Jan and I hope that others will want to join their support with ours so this fund can assist patients for years to come," he said.

The Island Hospital Foundation is located at 1211 24th St., Anacortes. For more information about the *Barto Patient Assistance Fund*, call (360) 299-4201.

### Remembering

*The Island Hospital Foundation has received caring donations in memory of the following individuals:*

Kay Andrich	Marie Jacobson	Andrew Rothman
L. Doreen Angus	Ceal Kight	Albert D. Schmitt
Susan Bird	Pat Meyer	Francis Shull
John Carabba	Curtis W. Morell	Jerry Stewart
Jo Driftmeir	Randolph Murray	Art Strandberg
Janice Edmons	John M. Parks	Bette Van Beber
Judith Ellin	Nick Petrish	Mary Webb
Warren Woody Fry	Dr. Raymond Pinson	
Dennis Heggem	Girts Rekevics	

### Honoring

*The Island Hospital Foundation has received caring donations in honor of the following individuals:*

Mark Backman MD	Sandy Killion
Merle Cancer Care	Theodore Kim DO
Center staff	M.J. Kuhnlein
Les Conway MD	Loren Loomis Bowen
Robert Copeland	Enid Oates BSN, OCN
Roger Curtis	Susan Paulsen RN, BSN, OCN
Betty-Anne Ely	Jon Prescott
IH Emergency Room staff	Elijah Rathbun
Dorothy Engom RN, OCN	Sheryl Robinson RN
Natalie Gannon	Teresa Ronngren
All GBS & CIDP Survivors	Robert Rookstool MD
Dick Harrison	Robert Tucker
Intensive Care Unit staff	
Island Hospital's 50th Anniversary	

*To remember or honor someone with a special donation, please make your checks payable to Island Hospital Foundation and mail to 1211 24th St., Anacortes, WA 98221 • Info: (360) 299-4201*

ISLAND HOSPITAL FOUNDATION PRESENTS

# CASINO ROYALE

THE 10th ANNUAL GALA OF HOPE

**SATURDAY, APRIL 20, 2013**

SWINOMISH CASINO & LODGE  
REGISTRATION BEGINS AT 5:30p

DRESS TO KILL FOR A 4 COURSE MEAL,  
ENTERTAINMENT, DANCING AND LIVE  
AUCTION BENEFITING ISLAND HOSPITAL

**TICKETS NOW ON SALE!**

\$125 per person. Call 360-299-4201 or  
purchase online at [www.islandhospitalfoundation.org](http://www.islandhospitalfoundation.org)  
\* Special room rates available at Swinomish Lodge.





The Vectra 3D system allows an actual patient photo to be manipulated to show expected results. In this photo, the woman's face at left is actual, the middle panel simulates her nose surgically changed and right panel shows a simulation of her nose and chin surgically enhanced.

## Photographic-simulation technology brings added dimension

**New approach allows patients to preview how they will look with aesthetic procedures at the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital**

For those considering aesthetic plastic surgery, the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital has good news. Recent advances in three-dimensional (3D) photography combined with revolutionary new software allow prospective patients to preview what they will look like as the result of breast augmentation, facial procedures, and more, well in advance of any surgery.

Both the Vectra 3D camera and Sculptor software, which make this possible, were developed by Canfield Imaging Systems, the world's leading provider of medical photography systems. The process starts with a Vectra 3D session which produces a 3D photograph of the patient. Then, using Sculptor software, the surgeon is able

to simulate the expected results of a variety of aesthetic procedures.

The system uses six cameras at different heights and angles that produce a 3D image of the patient. Plastic Surgeon David Slepyan MD can then add any single or combination of procedures to the software, which creates an image of expected results. In addition, clothes can be added so the patient can see what he or she will look like in business wear, swim suit or other fashion.

"My patients absolutely love this," said Dr. Slepyan. "Because it's in 3D, I can rotate their picture to any viewpoint and they can really examine the desired result. We can make changes here and there and agree on a final look in advance, and this truly helps them make a decision. In addition, it's an accurate and realistic look at expected results."



The Center offers professional, personalized services at 2511 M Ave., Suite C, Anacortes. Dr. Slepyan is Board Certified in Plastic Surgery and available for consultations by appointment at (360) 588-2081.

## TouchMD service improves patient experience

A new web based service that allows patients and loved ones access to clinic information, videos outlining plastic-surgery procedures, photos of anticipated results and other medical documentation is now offered at the Center for Aesthetic, Reconstructive & Hand Surgery (CARHS) at Island Hospital.

TouchMD was designed to enhance the patient's experience by providing easy-to-navigate software that provides educational information about procedures, statistical analyses and more. The patient is more prepared to meet with the physician and better understands the process.

David Slepyan MD, Board Certified Plastic Surgeon, uses the system to explain the procedure and set goals and expectations. The patient can then review all information, including photographic representation of expected results, at home via a web portal at myTouchMD.com. This allows the patient to revisit the consultation and potentially share this information with friends or family.

On mytouchMD.com, patients can also

- learn more about a doctor, staff and facilities
- explore topical videos about procedures or medical conditions
- view or print any images or documents saved during an office visit or consultation such as those acquired by the Vectra 3D system
- many other aspects of plastic-surgery services.

For more information about this exciting new service, please call (360) 588-2081, or visit [www.islandhospital.org](http://www.islandhospital.org).

### Our Physician

#### David Slepyan MD, Board Certified Plastic Surgeon

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

Dr. Slepyan received an MD from Cornell University Medical School. He served a General Surgery Residency at the University of Washington Hospital and a Plastic Surgery Residency at the University of Miami, Florida. Dr. Slepyan also completed a Craniofacial and Plastic Surgery Fellowship with world-famous Dr. Paul Tessier in Paris, France and a Hand Surgery Fellowship with Dr. Harold Kleinert of Louisville, Ky.



Prior to opening his private practice, Dr. Slepyan 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. Dr. Slepyan has donated his time and surgical skills to treat children from third-world countries who were born with craniofacial deformities.

The Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital is located at 2511 M Avenue, Suite C, Anacortes. For an appointment call (360) 588-2081.

## New aesthetic services at IH

With more than 18 years of medical experience and nearly a decade as a specialist in Dermatology, Kristy Anderson RN brings a range of new cosmetic procedures and services to the Center for Aesthetic, Reconstructive & Hand Surgery (CARHS) at Island Hospital.

Trained in advanced injection techniques, including the use of Botox and volumizing fillers, Anderson also will use her medical 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.

Anderson has trained extensively with board-certified plastic surgeons and dermatologists. Prior to joining Island Hospital, she worked with Unite Medical Spa, Anacortes; Rosario Skin Clinic, Mount Vernon; and Island County Dermatology, Anacortes/Coupeville, WA. She is the owner of Island Facial Aesthetics in Coupeville.

Anderson earned an Associate of Arts degree and completed a Licensed Practical Nurse-to-Registered Nurse degree at Skagit Valley College, Oak Harbor. She has a Bachelor of Science degree in Paramedicine from Central Washington University, Ellensburg, WA and worked as a Paramedic with Rural Metro Ambulance, Tacoma, WA. She is a member of the Dermatology Nurses' Association and has served on the Skagit Valley College Nursing Board.

For a free skin consultation with Anderson, call the CARHS clinic at (360) 588-2081.




Kristy Anderson RN

COMPREHENSIVE  
*Plastic Surgery*  
SERVICES

Now featuring  
**BOTOX®**  
& Dermal Fillers!

Liposuction • Tummy Tuck • Eyelid Enhancement • Skin Resurfacing  
Fat Grafting • Face/Brow Lift • Rhinoplasty • and More

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

360.588.2081 2511 'M' Ave., Suite C, Anacortes [www.islandhospital.org](http://www.islandhospital.org)



# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

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

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

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

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

## Advanced Healthcare Directives

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

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

When: Monday, Apr. 15, 10 - 11 a.m.

Where: Fidalgo Room

Cost: FREE

Registration: Leave a message at 299-4204

## Birth and Beyond

### Choices in Childbirth

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

When: Thursdays, 6 - 8:30 p.m.

Mar. 7 - Apr. 11

May 2 - June 6

July 11 - Aug. 15

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

### Weekend Childbirth Classes

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

When:

Sat. & Sun., Mar. 2 & 3, 10 a.m. - 6 p.m.

Sat. & Sun., May 4 & 5, 10 a.m. - 6 p.m.

Sat. & Sun., July 13 & 14, 10 a.m. - 6 p.m.

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

### Breastfeeding Matters



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

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

When: Monday, Mar. 11, 5 - 6:30 p.m.

Monday, May 13, 5 - 6:30 p.m.

Where: Fidalgo Room

Cost: \$10 or fee waived for those with DSHS coverage

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

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

### Cloth Diapering 101



Curious about modern cloth diapering? Learn about reasons to choose cloth diapers and how to use and care for them. Various diaper styles will be shown with a discussion of the pros and cons of each. Cloth diapering has come a long way and there are many options to choose from these days!

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

When: Wednesday, Mar. 13, 4 - 5 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Michelle Bottorff

Registration: Leave a message at 299-4204

### Car & Booster Seat Clinic



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

When: Thursday, Apr. 25, 3 - 5 p.m.

Thursday, June 13, 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

**Did you know you can  
now register and pay online  
for most classes? Visit  
[www.islandhospital.org/classes](http://www.islandhospital.org/classes)**

# YOUR HEALTH MATTERS • CLASSES AND 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. Call 588-2074 for more information.

### **Pulmonary Rehabilitation**

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

### **Smoking Cessation**

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

## *Diabetes Education*

### **Diabetes Self-Management Education Program**

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

## *Driver's Safety*

### **AARP Driver's Safety Program**

During this two-session class intended for those 55 and older, you will refresh your

defensive driving techniques, review the rules of the road, learn new traffic laws and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

When: Thursday & Friday, Mar. 14 & 15,

9 a.m. – 1 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Jack Porter

Registration: 299-1309

## *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, Apr. 3 - 17, 6 - 8 p.m.

Where: Fidalgo Room

Cost: \$10 per household

Instructor: Kathie Ketcham MA, LMFT, CMHS

Registration: Mail in payment or call 299-4204

## *Physical Therapy Programs*

### **Osteoporosis:**

### **Exercise and Nutrition**

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

Virgeen Stilwill is a Doctor of Physical Therapy at Island Hospital and Suzie DuPuis is a Registered Dietician at Island Hospital

When: Wednesday, Mar. 6, 2 - 4 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Virgeen Stilwill DPT &

Suzie DuPuis RD

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

### **Protect Your Back**

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

When: Tuesday, Mar. 19, 1 - 2:30 p.m.

Thursday, May 9, 10 - 11:30 a.m.

Where: Fidalgo Room

Cost: \$10

Instructor: Island Hospital Physical Therapist

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

### **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: Wednesday, Mar. 27, 1 - 2:30 p.m.

Tuesday, May 14, 1 - 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Island Hospital Physical & Occupational Therapists

Registration: Leave a message at 299-4204

### **Urinary Leakage**



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help.

Come learn ways to strengthen your pelvic floor muscles to help prevent urinary leakage.

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

When: Tuesday, Apr. 16, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington PT

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



# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

## Self-Care

### Mind & Body Healing



Learn how neurofeedback can retrain the nerve pathways in the brain to help reduce chronic anxiety, mood swings, stress and more. This presentation is informational only as neurofeedback training is done in an office setting. Demonstrations of relaxation methods you can practice on your own will be included.

When: Wednesday, Feb. 27, 6 – 8 p.m.

Tuesday, Apr. 30, 6 – 8 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

Registration: Leave a message at 299-4204

### Meditation for Everyday Living



Meditation has been clinically proven to reduce stress, blood pressure and anxiety and help with restful sleep. This gentle three-session class includes breath awareness, mindfulness techniques and guided exercises.

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

When: Mondays, Mar. 4 – 18, 10 a.m. – noon

Tuesdays, Mar. 5 – 19, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

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

### Skin & Hair Care from Nature



Learn to make luxurious and healing skin and hair care products with essential oils, jojoba oil, vitamin E oil, borage seed oil and more! Each student will make a smoothing, healing and age defying oil for their skin type and/or a hair treatment. Demonstrations and recipes include cleansers, clay masks, scrubs, and treatments.

Michelle Mahler of Circle of Healing Essences has been leading workshops at

Puget Sound area Co-ops and schools since 2004.

When: Wednesday, Mar. 20, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$30, includes supplies

Instructor: Michelle Mahler

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

### Eating for Energy

What would your life be like with an abundance of energy and vitality? Learn which foods are best at increasing your energy and which can do the opposite. Subtle food and lifestyle adjustments can change your life! Sharon Swan is a Holistic Health Coach and a certified Nutrition Counselor.

When: Tuesday, Apr. 16, 6:30 – 8 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Sharon Swan

Registration: Leave a message at 299-4204

### Green Cleaning with Aromatherapy

Create and learn about safe and effective natural cleaning products made from essential oils.. Each student will make an antibacterial multi-purpose cleaning spray and a fizzing powder bathroom cleanser. See "Skin & Hair Care from Nature" for instructors information.

When: Tuesday, Apr. 23, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$20, includes supplies

Instructor: Michelle Mahler

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

### Improving Your Aging Memory



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

When: Wednesday, Apr. 24, 10 – 11:30 a.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Alisha Kleindel MS, CCC-SLP

Registration: Leave a message at 299-4204

## Special Events

### Investigations in Cardiology



Join Cardiologist Vidhu Paliwal, MD of Skagit Regional Clinics-Cardiology to develop a better understanding of the various tests often needed if cardiac issues develop. He will discuss

the relevance and significance of tests such as the echocardiogram, TEE, coronary angiogram, cardiac CT and MRI, electrophysiology studies and more.

When: Thursday, Feb. 28, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Room

Cost: FREE

Registration: Leave a message at 299-4204

## Weight Management

### Overweight?

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

## Other Resources

### HIV/AIDS Training for Licensure

Island Hospital offers a 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

# YOUR HEALTH MATTERS • CLASSES AND SUPPORT GROUPS

their waterproof Personal Help Button whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached by calling 293-7563 or emailing [wwalker@islandhospital.org](mailto:wwalker@islandhospital.org).

## SHIBA HelpLine

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

## Anacortes Teen Clinic

We offer family planning services for teens, women and men on Wednesday and Thursdays from 2 – 5 p.m. We are located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

## National Alliance on Mental Illness – Courses

NAMI of Skagit County, an affiliate of the National Alliance on Mental Illness, offers a variety of free programs specifically designed for people diagnosed with a mental illness as well as their family and friends. Programs include *Family to Family* – a course for family members with mentally ill loved ones; *Peer to Peer* – a course on recovery for any person with serious mental illness; *NAMI Basics* – a course for caregivers of children and teens who have been diagnosed with a mental illness; and *Next Generation* – a course offered in local schools to educate children about mental illness. Please contact Marti at 360-770-5666 or [www.namiskagit.org](http://www.namiskagit.org) for further information.

## Support Groups

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

## Registration Form

### General Information

#### Payment:

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

#### Cancelled Classes:

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

#### Refunds:

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

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

Name (please print)

Address

Phone: Day

Phone: Eve

♥ Class

Date(s)

Fee \$

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

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

## 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

## Restless Leg Syndrome

Call for dates/times  
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

## Grief

3rd Tuesday, 10 – 11:30 a.m.  
Anacortes Senior Activity Center, 1701

22nd St. Anacortes  
Contact: 360-814-5550

## Headaches

2nd Saturday of the month, 2 p.m.  
Call for location.  
Contact: Amber, 360-873-8823

## Skagit County Support Groups

## Loss of a Child

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

## Sjögren's Syndrome

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

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



## HEALTH SCREENINGS

*Sponsored by Island Hospital Foundation*

### *Ongoing Blood Pressure Checks*

Blood pressure indicates the health of your heart and blood vessels. Untreated, elevated blood pressure can result in stroke. Get your blood pressure checked regularly at one of the following locations:

Island Health Resource Center - every Wednesday, 9 a.m. – noon  
Anacortes Senior Activity Center - last Tuesday of the month, 9 – 10:30 a.m.

### *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, Feb. 22, 10 a.m. – 2 p.m.

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

Cost: FREE

Appointments: Leave a message at 299-1367

### *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. 26, 9:30 a.m. – 4 p.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

### *Colon Cancer Screening*

Colon cancer is one of the 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!**

When: Tuesday, Mar. 5, 9 – 11 a.m.

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

Cost: FREE

Questions: 299-1309

### *Memory Awareness Screening*

Are you or a loved one becoming more forgetful or maybe have started to misplace things more often? Have you become lost in a familiar place or noticed a change in mood, behavior or personality? If so, this screening can be a first step in helping determine

if you might suffer from memory loss. This examination consists of a series of questions and tasks designed to test memory, language, thinking and other intellectual functions. Appointments are required!

When: Tuesday, Mar. 12, 9 – 11 a.m.; Tuesday, May 14, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

### *Cholesterol & Glucose Screening*

This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. Your results will be sent to you in the mail. **No appointment required. First come, first served.**

When: Tuesday, Apr. 9, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10

Questions: 299-1309

### *Vitamin D Screening*

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

When: Tuesday, Apr. 23, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$45

Appointments: Leave a message at 299-1367

### *Bone Density Screening*

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

When: Tuesday, Apr. 30, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 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: Tuesday, May 21, 8 a.m. - noon

Where: Cardiopulmonary Care Center

Cost: FREE

Appointments: Leave a message at 299-1367

# Working out to stay heart-healthy

When Frank Orr comes to morning exercise sessions with the Cardiac Rehabilitation program at Island Hospital, he means business. "It's nice to see people I know, but I don't go there just to socialize, I go there to work up a sweat," he said. "Those fancy exercise machines don't do you any good unless you're serious about using them."

Three years ago, Orr had just finished a morning row with his Old Anacortes Rowing Society (OARS) crew and was having coffee when he began to feel unwell. But it wasn't until a sharp pain shot down his left arm that he knew he'd better get medical help. He was right. After decades of good health, the 75-year-old Orr was having a heart attack.

"I felt I was in good hands in the Island Hospital Emergency Department," said Orr. "The staff immediately recognized the severity of my condition and saw to it that I got the critical care I needed."

Following a month of treatment and triple-bypass surgery, Orr was ready to take the next step in his recovery and joined the monitored, out-patient Cardiac Rehabilitation program at Island Hospital. With others who had had heart attacks or suffered from heart-related conditions, Orr built up his exercise levels and learned new behaviors to reduce stress and his odds of having another attack.

After completing the 36-week program, Orr opted to continue his exercise regimen at the Cardiopulmonary Care Center at Island Hospital where he is something of a favorite with the program's staff. "I bring them chocolate covered nuts," Orr explained. "Chocolate and nuts are both heart-healthy and who can argue with that?"

For more information about Cardiac or Pulmonary Rehab programs, contact the Cardiopulmonary Care Center at (360) 588-2074, or visit [www.islandhospital.org](http://www.islandhospital.org).



**Frank Orr enjoys working with steam engines of all types. He established the Annual Anacortes Antique Machinery Show held each September.**

## Celebrating 40 years

### *Family medicine clerkship benefits students, rural clinic*



**(From left) UW Medical student Amy Van Nortwick with Island Family Physicians doctors Rob Rieger MD and Michael James MD.**

In 1972, Dr. Harold Clure, Fidalgo Medical Associates (FMA), and three other primary-care doctors in Anacortes started a family medicine clerkship in Anacortes clinics in conjunction with the University of Washington (UW) School of Medicine. This, along with Omak and Grandview, were the first rural clerkships available for UW medical students. Eventually, this program spread across the northwest to Wyoming, Alaska, Montana and Idaho; ergo the acronym WWAMI. The UW maintains regional offices in each of these states to oversee first-year education and training as well as clinical training for third- and fourth-year students.



**Hal Clure MD**

On the 40th anniversary of the program Dr. Clure recently accepted recognition from UW on behalf of the Anacortes program that exposes medical students to -- and encourages them to practice in -- rural settings.

"I've always believed that it is the responsibility of physicians, and any professional for that matter, to mentor students in their field," said Dr. Clure. "The WWAMI program has encouraged many physicians to practice in rural settings; it is an excellent program."

Original physicians in the program along with Dr. Clure were Thomas Brooks MD, William Long MD, John Knudson MD and Wayne Ramerman MD. Serving in later years were Harold Eiesland MD, Richard Kirkwood MD and Shawna Laursen MD.

Currently, Jason Hogge MD, FMA, is the site coordinator of the program that includes Mark Backman MD and Susanne Wilhelm DO, FMA; Oliver Stalsbroten MD, Anacortes Family Medicine; and Michael James MD and Robert Rieger MD, Island Family Physicians.

For more information, visit [www.uwmedicine.org/education/wwami](http://www.uwmedicine.org/education/wwami).



## Diabetes Education

# Helping those with diabetes live better

**D**iabetes Education at Island Hospital can help you live better with your diabetes and support you every step of the way with options, answers and education. Diabetes educators can help provide extensive education and support your primary healthcare provider with your care. The program is accredited by the American Association of Diabetes Educators and accepts most health insurance plans including Medicare.

The Diabetes Education program can help those who:

- are newly diagnosed with pre-diabetes, Type 1, 2 or gestational diabetes
- need to update diabetes knowledge
- need help managing wide fluctuations in blood sugar
- need to start, or learn how to adjust insulin

- are having lifestyle issues that affect glucose control
- need help managing diet
- want to learn about new technologies such as insulin pumps.

Living better with diabetes requires lifestyle changes, but you don't have to make them alone. We can help. Our educators provide individual appointments and group classes on a wide variety of topics such as:

- understanding diabetes
- carbohydrate counting, label reading and meal planning
- prevention and management of complications
- blood glucose monitoring and pattern management
- prevention of high and low blood sugar
- setting lifestyle and exercise goals

- diabetes medication including pills and insulin
- emotional support

### Our Educators

The Island Hospital Diabetes Education program is staffed by Certified Diabetes Educators, each with more than 15 years experience in the field:

- Bobi Rehberger ARNP, CDE
- Mary Clark RD, CDE
- Jeanne McMillan-Olson RD, CDE
- Anita McCoy RN, MN, CDE, Program Coordinator

The Diabetes Education program is located in the Medical Office Building, 2511 M Avenue, Anacortes. To make an appointment, call (360) 588-2083. We can help you with the required physician referral.



**Bobi  
Rehberger  
ARNP**



**Mary  
Clark  
RD**



**Jeanne  
McMillan-  
Olson  
RD**



**Anita  
McCoy  
RN**

## Stay concerned about the flu!

**With an early start to our flu season, Island Hospital urges everyone to remain vigilant when it comes to preventing influenza.**

**I**sland Hospital continues to work with local agencies, healthcare providers and Skagit County Public Health to prevent the spread of seasonal flu in our county. To receive the vaccine, contact your healthcare provider or visit an urgent care center or one of the many retail pharmacies that offer shots.



### What are flu symptoms?

The symptoms of seasonal flu are fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Other symptoms such as vomiting and diarrhea may also be present.

### Who is at higher risk?

In seasonal flu, those considered at higher risk for serious complications include people 65 and over, children under five, pregnant women, and those with certain chronic medical conditions, such as diabetes, heart disease, asthma and kidney disease.

### Precautions are vital

To prevent the spread of flu take action:

- Cover your nose and mouth with a tissue when you cough or sneeze to keep from spreading flu viruses to others. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or

sneeze. Alcohol-based hand cleaners are also effective.

- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people.

### What if you are sick?

The CDC recommends that those who are sick with flu-like symptoms stay home for at least 24 hours after their fever is gone, except to get medical care or for other necessities. While sick, limit contact with others to keep from infecting them.

### For vaccination, other info

Misinformation can be worse than no information at all. Check with your healthcare provider or these trusted sources:

- Flu.gov - a one-stop resource to U.S. government flu information
- www.cdc.gov - volumes of information, continually updated
- www.skagitcounty.net/health - for the latest info from Skagit County Public Health
- www.sanjuanco.com/health - for the latest info from San Juan County

# IH employees go the distance

Many Island Hospital, outpatient services and affiliated clinic employees participate in various forms of physical events. Recently, a survey of staff received a list of employees who have participated in endurance events in 2012.

## 2012 Endurance events participation

### Carol Bear RN - Surgery

- Seattle to Portland Bicycle Classic (200-mile bike ride)

### Les Conway MD - Fidalgo Medical Associates

- Seattle to Portland Bicycle Classic (200-mile bike ride)
- Anacortes Art Dash (half marathon)
- Rock 'n' Roll Seattle (full marathon)
- Mercer Island Half (half marathon)
- Big Sur International Marathon (full marathon)
- Bellingham Bay Marathon (half marathon)
- Marine Corps Marathon (full marathon)

### Jason Hogge MD - Fidalgo Medical Associates

- Seattle to Portland Bicycle Classic (200-mile bike ride)

### Tammy Hutchinson RN - Fidalgo Medical Associates

- Anacortes Art Dash (half marathon)
- Rock 'n' Roll Seattle (half marathon)

### Molly Johnson - Cardiac Rehabilitation

- Anacortes Art Dash (half marathon)

### Denise Jones RN - Nursing Services - Acute Care/ICU

- Whidbey Island Triathlon (.5-mi. swim, 19.5-mi. bike ride, 3.8-mi. run)

### Sheryl Kylo PT - Physical, Occupational & Speech Therapy

- Runnin' O' the Green (5-mile run)

### Barb LeDuc - Community Relations

- Ragnar Relay Northwest Passage (200-mile running relay)

### Ray Leone RN, BSN - Nursing Services - Acute Care

- Boston Marathon (full marathon)
- Birch Bay International Road Race (18.6-mile run)

### Malcolm McPhee DPT - Physical, Occupational & Speech Therapy

- Anacortes Art Dash (half marathon)

### Theresa Pierson RN - Nursing Services - Acute Care

- Whidbey Island Triathlon (.5-mi. swim, 19.5-mi. bike ride, 3.8-mi. run)
- Race the Reserve (half marathon)



Island Hospital's endurance athletes include (standing from left) Barb LeDuc, Theresa Pierson, Carol Bear, Mary Selting, Jan Priggee, Tracy Schlegel, Denise Jones and Colleen Powell; (seated from left) Molly Johnson, Sheryl Kylo and Malcolm McPhee.

### Jan Priggee RN - Cardiac Rehabilitation

- Seattle to Portland Bicycle Classic (200-mile bike ride)
- Safe Kids/Group Health Tulip Pedal (60-mile bike ride)

### Colleen Powell - Nursing Services - Acute Care

- Seattle Amica Marathon (full marathon)
- Lake Padden Triathlon (.5-mi. swim, 21-mi. bike ride, 5.2-mi. run)
- Whidbey Island Triathlon (.5-mi. swim, 19.5-mi. bike ride, 3.8-mi. run)

### Erin Rieger ARNP - Fidalgo Medical Associates

- Lake Padden Triathlon (.5-mi. swim, 21-mi. bike ride, 5.2-mi. run)

### Tracy Schlegel PTA - Physical, Occupational & Speech Therapy

- Lake Padden Triathlon (.5-mi. swim, 21-mi. bike ride, 5.2-mi. run)
- Seattle Century Ride (100-mile bike ride)

### Mary Selting RN - Emergency Department & Informatics

- Seattle to Portland Bicycle Classic (200-mile bike ride)
- Safe Kids/Group Health Tulip Pedal (60-mile bike ride)

### Tami Sutter RN - Nursing Services - Acute Care

- Ragnar Relay Northwest Passage (200-mile running relay)
- Anacortes Art Dash (half marathon)

### Holly Treadway DPT, ATC - Physical, Occupational & Speech Therapy

- Survivor Mud Run (3.47-mile run w/22 obstacles)

### Susanne Wilhelm DO - Fidalgo Medical Associates

- Seattle to Portland Bicycle Classic (200-mile bike ride)

# Winning artwork, happy classmates



Island View 5th grader Isabela Tuttle's art was selected for use as Island Hospital's holiday card for 2012. Her winning artwork (inset) earned an ice cream party for teacher Andy Fountain's entire class, served by Island Chief Executive Officer Vince Oliver (right) and now Chief Financial Officer Elise Cutter.



# Auxiliary scores with popular sales, new members

The big surprise at the Island Hospital Auxiliary's annual Christmas Tree Sale was how fast shoppers snapped up the well-crafted, festively decorated inventory. Each of the miniature trees found a new home within the sale's first hour and a half, leaving prospective buyers from the hospital and the community to seek holiday decor elsewhere according to Auxiliary President Shirley Smith.

"Next year we'll have more trees and longer hours," she promised. "I don't think anyone expected everything to be sold so soon. As always, we're grateful to the hospital and community for being such loyal patrons." The Christmas Tree sale netted more than \$1,400 for the Auxiliary and will be donated to Island Hospital to help fund new equipment and services.

In February, the Auxiliary -- along with hospital staff, patients and visitors -- look forward to the annual Valentines Day

Candygram Sale which features red and white wrapped chocolate bars for all to give and savor. For those looking for some more sweet treats, mark your calendar for the Auxiliary's annual Easter Basket sale on March 22. Like the Christmas Tree event, the Easter Basket sale is hugely popular and those wanting to take home a hand-picked stash of special goodies should plan to shop early.

The Auxiliary, which is always on the lookout for those who want to join in fundraising, welcomed four new members late last year and looks forward to the new ideas and helping hands they bring to the organization. Interested in joining the Auxiliary? The group gathers for a luncheon meeting on the first Monday of each month except July, August and September. New members are always welcome. For more information, call Island Hospital Foundation at (360) 299-4201.



*IH Auxilians holding the last three available miniature trees are (from left) Claudia Dillman, Lorraine Smith and Shirley Smith.*

## Island Hospital's website has been given an exciting makeover!

The newly renovated, expanded and improved Island Hospital website, [www.islandhospital.org](http://www.islandhospital.org), was designed to incorporate both function and visual appeal; integrating images with valuable content. Virtually everything you need to know about Island Hospital, its clinics, physicians, services and more can be found on the new website.

The site has been re-organized and navigation has been enhanced with the use of drop-down menus, quick links, sub menus and a navigation bar.

Our homepage features a slideshow with links to featured Island Hospital services. These slides will be updated throughout the year. Below the slideshow is a full calendar, a listing of recent news items and highlighted Island Hospital services.

New pages in the site include Newsroom, Milestones, Testimonials,

Leadership and Advance Directives. Visitors to the website can use the Contact Us Email Form if they have a general question or comment.

The new site offers online bill payment through our secure network. Visa, MasterCard, American Express and Discover cards are all accepted. The online bill-payment form is easy to use and available 24/7. Users will receive an email confirmation upon submitting their payment.

Online registration and payment is also available for the majority of our health and wellness classes. Our Community Education department offers a wide range of classes from childbirth to osteoporosis to meditation. Low- or no-cost health screenings sponsored by the Island Hospital Foundation can also be found on the website calendar. Some of our most popular screenings are: cholesterol & glucose, memory, bone density and vitamin D. Check out the offerings of classes and screenings on the Island Hospital calendar.

Interested in knowing where your favorite provider attended medical school or how to find a specialist? Check out our redesigned Find a Provider search function.

If you are searching for a job or considering volunteering, Island Hospital's Careers page lists current job openings, benefits and information on the application process.

The new website will be updated weekly with information, events, news items and more.

Visit [www.islandhospital.org](http://www.islandhospital.org) often to stay up-to-date with Island Hospital events, activities and news.



**Smart phone users can scan the QR code here and go directly to the website.**

## *continued from Page 8*

had only two directors of surgery in 50 years!)

"In 1962 I was employed by Mr. Robinette and Mrs. Mudge and couldn't wait to join them," said Tobien recently. "That first Board of Commissioners with Ben Driftmier and Tasker Robinette was a group of very intelligent, courageous men with great vision."

"You have to realize that in 1962, Anacortes was an isolated rural town. I originally performed a feasibility study in 1958," said Robinette. "I crossed over the drawbridge to this little mill town reeking with smoke." The old hospital was an outdated, wood-frame building, "but there were two new refineries on March Point, new people had been brought in to man them and they were clamoring for a new hospital."

"The study I performed recommended the Board buy the old hospital, shut it down and send people to the new hospital in Mount Vernon," Robinette said. "They took my recommendations under advisement, but they were determined to build a new hospital. My question was 'Could they afford it?' I determined that they could with a Hill-Burton grant and if the refineries wouldn't fight the necessary taxation. When interviewed both the Shell and Texaco refinery managers welcomed a new hospital – to help them attract employees."

The land the current hospital sits on was owned by the City of Anacortes, and served as housing for construction workers building the refineries. "It was a vacated housing project and was my privilege as Mayor of Anacortes to sign over this land for one dollar," said Bud Strom, Anacortes Mayor from 1960 to 62.

"I was so proud that the new facility became a reality. It was overwhelming disbelief that it actually happened," added Bud Strom.

Wallie Funk, owner of the Anacortes American and a renown supporter of improving the community's services and infrastructure, said, "The new hospital truly was a hallmark for Anacortes as we moved forward to have high-quality medical care. I was delighted when the hospital opened. It was the beginning of a new era in Anacortes that also saw our schools and city government greatly improve."

"The (new 1962 Island Hospital) building was a symbol to me with its solid design in red brick and a soaring parabolic entrance... a promise of a new era in healthcare," said Tobien.

How did Robinette feel when he walked into the completed building for the first time?

"It was a pretty good start," he said. "But remember, I didn't want to just build a hospital, but a comprehensive health and medical center for the area, including ambulance service, helicopter access and other programs. Being as isolated as we were, we needed more than just a hospital to meet the needs of a rural island's residents."

Hal Clure MD, who was instrumental in developing local medical-office space and attracting physician specialists in later years said, "The facility was described as 'state-of-the-art' and it was nice. What was important, though, is the people who work here, such as (Dr.) Bill Long, and Tasker was most encouraging. It was the people who really made the difference to me."

### **Island Hospital 50 years later**

"I'm very pleased with the new facility. Of course, it's still my hospital," Robinette notes, chuckling. "I am also pleased with the care my family has received right here in our town."

"This is a community that wants the finest it can afford," said Funk. "The hospital is great and the art collection is one of the best in the state in my opinion."

Dr. Clure noted the hospital is a nice facility, "but I hope it's large enough for the future. I hope the Board and Administration continue to hire good people; they need to ensure that specialists, who also work at other facilities, want to work here. Quality isn't a result of the building, it's because of the people."

"The spirit of promise, courage and foresight of those who started Island Hospital continues today as evidenced by the impressive facility and range of care that is offered in the face of great odds" said Tobien. "We are so proud and grateful to the present Administration, Board of Commissioners and staff who continue the dedication of the pioneers."

"To witness over the past 50 years, the various aspects of Island Hospital's growth, and the great Medical Staff that has been assembled has been unbelievable," said Jeri Strom RN. "Having served mainly as an RN in the clinical field and now as a Volunteer in the Merle Cancer Care Center, has been a wonderful conclusion to my nursing career."

"I've personally needed treatment in the present facility and am flushed with pride. What a delightful experience!" said Bud Strom. "This new hospital facility is beyond what I could have imagined 50 years ago. My friends feel the same!"

## *continued from Page 2*

law to launch healthcare-insurance exchanges which will allow consumers to shop online for health insurance, giving them options to compare policies in terms of services and cost.

As parts of the ACA continue to be activated, health-insurance rolls will expand by approximately 30 million Americans who were previously uninsured. This new wave of potential patients could strain the capabilities of many hospitals and healthcare organizations. But at Island Hospital we have anticipated these changes to ensure that all patients receive the same high-quality healthcare they deserve and have come to expect from us.

Your Board of Commissioners and IH administrators continue to explore local and regional partnerships with other healthcare organizations to expand and improve local medical care. As always, we appreciate your support and we welcome any suggestions or feedback. I encourage you to log onto the Island Hospital website at [www.islandhospital.org](http://www.islandhospital.org) for information about board meetings and how to reach me and other commissioners.

***You Can  
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You Have  
It in You!***

**Please give blood at  
Island Hospital**

***Tuesday, April 2  
10 a.m. - 4 p.m.***

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**Call 299-1309 for an  
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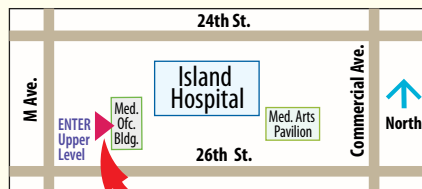
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