

Heartbeats

2025

Meet Urologist
Brock Boehm, DO

Expanding Access to Care

With Urology,
Robotics
and More

Your
Public
Hospital
District

Exceptional
Local Healthcare
Begins with Local
Support

Surgical
Robotics

Advancing Minimally
Invasive Care



Heartbeats 2025 Digital Edition

Heartbeats is a production of the Island Health Marketing and Communications department.

Contact us at 360.299.1300 or marketing@islandhospital.org.

On the Cover: Urologist Brock Boehm, DO, is leading the way in expanding access to care in our community while pioneering the future of treatment with cutting-edge robotic surgery. Read more about him on page 6.



CEO MESSAGE

Focused on You

Whether you've been a patient in the last year or we've cared for one of your loved ones, chances are Island Health has played an essential role in your life. Island Health cares for over 46,000 unique individuals each year. To provide exceptional, award-winning care to every patient who enters our doors, our team is committed to shared goals and a common purpose to be the best healthcare partner for those we serve.

Our shared purpose is YOU—our patients and community members. You are at the center of each decision we make. Whether that's to enhance a service line, hire additional providers

"Healthcare that's accessible, dependable, and just moments away when you need it most."

or upgrade equipment, as a public hospital district (PHD), the needs of our community members are our driving force. A PHD ensures you have a voice and are uniquely involved in healthcare decisions. Unlike a private or for-profit healthcare system, Island Health has a publicly elected five-member board which puts YOUR voice at the forefront as they shape our strategic vision and future. Island Health, as a PHD, is also privileged to receive some funding through property taxes. These funds are used to help update equipment and facilities to ensure quality care is available close to home.

I am committed to you as the CEO to ensure our strategy and operations align with our purpose. Our 10-year strategic plan focuses on three long-term objectives:

Focus on Outpatient Services

While maintaining exceptional inpatient care, Island Health will improve and expand outpatient services to meet the need for convenient, patient-focused emergency, surgical, primary and specialty care. Facility upgrades will focus on improving patient flow, convenience and accessibility.

Personalized Patient Engagement

Island Health will embrace each segment of our population and create solutions that optimize care, meeting each patient along their healthcare journey. We will offer solutions that remove barriers and create equitable access to care for all patients.

Strategic Partnership Development

As a small, rural healthcare system, Island Health will continue to focus on key services that support our community. At the same time, we must be the portal for our community members to ensure a seamless transition to higher levels of care when needed, enabling patients to return to us for continuing care. By building upon existing partnerships, Island Health will strengthen relationships with key physician practices for continuity of care and expansion of services locally.

Elise Cutter

Elise Cutter, MBA
Chief Executive Officer

Aligning around our goals requires a collective effort and the support of our community. As PHD residents prepare to vote on the ballot measure this April, I urge you to reflect on the immense value of having high-quality, award-winning healthcare right here in our community—accessible, dependable, and just moments away when you need it most.

Thank you for being a part of our healthcare community. Please feel free to reach out to me with any questions, concerns or comments at 360.299.1327.



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Contact us at 360.299.1300 or marketing@islandhospital.org.

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On the Cover: Urologist Brock Boehm, DO, is leading the way in expanding access to care in our community while pioneering the future of treatment with cutting-edge robotic surgery. Read more about him on page 6.

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Island Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Island Health does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 360.299.1300.

COMMISSIONER MESSAGE

Exceptional Local Healthcare Begins with Local Support



As a public hospital district, I am honored to serve on our community-elected Board of Commissioners at Island Health. Our job is to set the strategy and govern the organization, ensuring open communication about the health and well-being of our community. This April, we are asking residents of Skagit County Public Hospital District No. 2, which includes Cypress, Guemes, Fidalgo and Sinclair Islands, to vote in a special election for the Island Health Maintenance and Operations Levy.

This levy is on the ballot to address the growing needs of our hospital district. Over the past several years, healthcare costs have continued to rise, and the demand for services has increased significantly. During this time, Island Health has continued to provide exceptional care, receiving three consecutive 5-star quality ratings from the Centers for

“Together, we can ensure access to exceptional health and wellness in our community for years to come.”



Island Health Board of Commissioners
Jan Iversen • Chip Bogosian, MD • Warren Tessler
Paul M. Maughan, PhD • Lynne M. Lang, PhD

Medicare and Medicaid—the highest rating possible. Island Health is vital to our entire community. Providing award-winning, life-saving medical care, emergency services, labor and delivery, and preventive health programs is ingrained in the fabric of each staff member and provider. However, to maintain these services close to home and meet the evolving needs of our residents, we must ensure that our funding remains adequate.

The funds generated from this levy will be used to:

- Increase your access to exceptional emergency and critical care, now and in the future.
- Ensure your access to advanced medical practices and early disease detection through investment in modern and innovative technologies and systems.
- Expand your access to local senior, maternity, surgical specialists and mental healthcare, close to home.
- Provide access to over 740 diverse healthcare career opportunities within our community.

We understand that any tax increase is a serious consideration. The board's priority is to ensure that Island Health remains an excellent steward of our resources and that each of you continues to have access to award-winning care, close to home.

We encourage you to attend upcoming public meetings to learn more about the levy. Your input is valuable, and we want to ensure that you have all the information necessary to make an informed decision. You can learn more about the levy at islandhealth.org/fundingahealthyfuture.

On behalf of the Board of Commissioners, thank you for your continued support of Island Health. Together, we can ensure access to exceptional health and wellness in our community for years to come.

Lynne M. Lang
Lynne M. Lang, PhD
President, Board of Commissioners



Driving Innovation with a People-first Approach

Chief Information Officer (CIO) Galina Gandy oversees everything related to technology. In a nutshell, her priority is to ensure that all technology at Island Health advances patient care.

The position of CIO is new at Island Health; Gandy was hired last summer and has brought a wealth of healthcare leadership and IT experience. “The duties are multifaceted,” says Gandy, “but they are all about improving care, regardless of whether the subject matter is cybersecurity, artificial intelligence or electronic medical records.”

“Whenever we implement new technology, it must enhance patient care and increase access to care,” Gandy said.

Gandy's experience working with patients early in her career has stayed with her as she held various technology roles. To Gandy, putting people before technology is a two-fold process. First, it's about listening to patients. Some want faster and easier phone communication, while others prefer self-scheduling through the patient portal. Next, it's about collaborating with her colleagues to set technology strategies. Technology must be the best option to assist the team in their work, whether that's a patient-facing position like a nurse or doctor or a support position like medical records or finance.

“I love the strategic role of my job. Technology is moving fast, so I connect the dots for our organization to ensure we use the best technology to give our staff the tools to do their jobs, ultimately improving care to our patients,” Gandy said.

“The best healthcare technology in the world is worthless if you don't have people who are passionate about caring for patients.”

Chief Executive Officer Elise Cutter is excited about Gandy and the new CIO position.

“It's a vital role, and we are so fortunate to have Galina, an expert at implementing the best technology in accessible ways,” Cutter said.

At the end of the day, Gandy says her job is all about people—and that's what she loves most about this position.

“We have fabulous people here who are driven to care for others with compassion and respect,” she said. “Island Health is a gem in our community, and it brings me joy to contribute by helping improve patient care.”



Galina Gandy, MBA
Chief Information Officer

From Fear to Gratitude

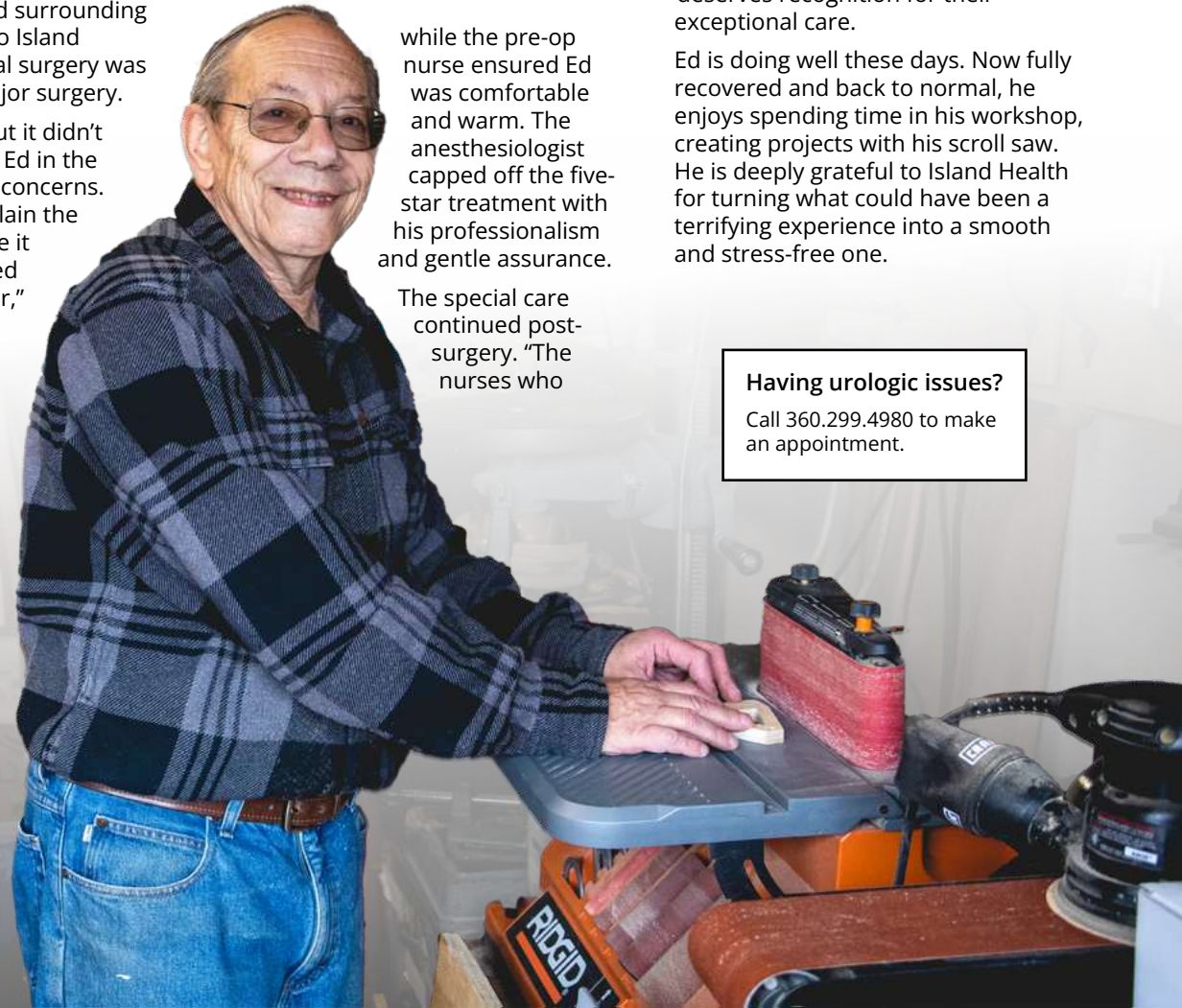
Ed Hunter's Journey through Surgery and Recovery

When Ed Hunter, a 71-year-old Navy veteran from Oak Harbor, developed a urinary tract infection, he felt reassured knowing his urologist, Dr. David Rice, would provide excellent care. After two weeks of antibiotics failed to resolve the issue, Dr. Rice conducted tests and discovered a fistula in Ed's bladder, a condition where an abnormal connection forms between the bladder and surrounding tissues. He referred Ed to Island Surgeons, and abdominal surgery was scheduled—Ed's first major surgery.

Worry began to set in, but it didn't last long. Dr. Rice visited Ed in the pre-op room to ease his concerns. "He took the time to explain the procedure, reassured me it was common and showed me images of my bladder," Ed recalled.

The support didn't stop there. The surgical staff and anesthesiologist helped alleviate Ed's fears. The surgery was explained in detail with drawings,

"The nurses who cared for me were fantastic."



while the pre-op nurse ensured Ed was comfortable and warm. The anesthesiologist capped off the five-star treatment with his professionalism and gentle assurance.

The special care continued post-surgery. "The nurses who

cared for me were fantastic. They introduced themselves at shift changes and explained what they were doing, ensuring I was comfortable. If I could, I would give each of them a DAISY Award," he said, referencing the prestigious nursing award (see below).

Ed believes the entire team, including the dietitian and physical therapist, deserves recognition for their exceptional care.

Ed is doing well these days. Now fully recovered and back to normal, he enjoys spending time in his workshop, creating projects with his scroll saw. He is deeply grateful to Island Health for turning what could have been a terrifying experience into a smooth and stress-free one.

Having urologic issues?
Call 360.299.4980 to make an appointment.



Is there a nurse you would like to thank for the extraordinary care you or a loved one received while at Island Health? Nominate that nurse today for The DAISY Award at: islandhealth.org/daisy-award



Island Urology Welcomes New Team Member



David Rice, MD (left) and Brock Boehm, DO

Island Urology provides comprehensive care for conditions of the urinary and reproductive systems, including kidney stones, prostate disorders, urinary incontinence, and cancers of the kidney, bladder and prostate. Patients receive individualized care in a supportive, private environment.

The clinic also offers Aquablation® therapy, a minimally invasive treatment for benign prostatic hyperplasia, which avoids the common compromises of other treatments like limited relief or lengthy recovery.

"On behalf of our entire team, I am thrilled to welcome Dr. Boehm to Island Urology. Together, we will continue to provide exceptional, state-of-the-art urologic care for our community. Dr. Boehm's expertise, skill and positive work ethic are a perfect fit. We are confident he will help us continue to deliver and advance the

high-quality care we provide our patients," said Urologist Dr. David Rice. Drs. Boehm and Rice specialize in preventive urologic care and procedures such as prostate screenings, vasectomies, prostate biopsies and kidney stone management, with an emphasis on early intervention.



Brock Boehm, DO

SPECIALTY: Urology
CLINIC: Island Urology
MEDICAL SCHOOL: Des Moines University

What are some of your clinical interests?

I have a particular interest in urologic oncology, benign enlargement of the prostate and kidney stones. For those patients that do require surgery, I have expertise in minimally invasive techniques including robotic surgery, advanced technology for benign prostate surgery and kidney stones.

How do you like to spend your time when not seeing patients?

My wife, four kids and I enjoy spending time outdoors and getting into nature. I am very excited to have the opportunity to watch my children learn how to ski/snowboard now that we are living in the Pacific Northwest!

What do you enjoy most about your job?

Guiding patients through urologic challenges and arriving at successful outcomes is what drives my passion for urology. I enjoy the privilege of taking care of individuals who have very sensitive medical and surgical issues.

Urogynecology

Island Obstetrics & Gynecology – 24th Street – 360.299.4212

What do you like most about your job?

Pelvic floor and urinary disorders can cause a tremendous amount of silent suffering, as many women are too embarrassed to discuss the problem. Having important, life-changing conversations with patients about advances in technology can help alleviate pain and improve their quality of life. I enjoy helping my patients choose the treatment that matches their goals and seeing a positive, life-changing outcome.

What are some of your clinical interests?

Fortunately, awareness of conditions such as vaginal prolapse and urinary incontinence has increased, and advances in technology and evidence-based medicine have improved diagnosis and treatment. I am especially interested in helping my patients with vaginal reconstructive surgery, to include surgical management of pelvic organ prolapse, urinary incontinence, childbirth trauma and vaginal mesh complications.



How do you like to spend your time when not seeing patients?

When I'm not in the clinic seeing patients, I enjoy lots of outdoor activities including bicycling, hiking, kayaking and skiing. When not partaking in outdoor adventures, I love cooking, attending music festivals and visiting wineries.

Dr. Clemons is well known throughout the region as a leader in his specialty. He has been recognized by *Seattle* magazine's list of Top Doctors in Puget Sound for eight consecutive years.

Jeffrey Clemons, MD, FACOG

SPECIALTY: Urogynecology & Pelvic Reconstructive Surgery
CLINIC: Island Obstetrics & Gynecology – 24th Street
MEDICAL SCHOOL: New York University
RESIDENCY: Walter Reed Army Medical Center
FELLOWSHIP: Brown University



Psychiatry

Island Psychiatry & Behavioral Health – 360.299.4297

What do you enjoy most about your job?

As an osteopathic physician, I practice under the principle of treating the body, mind and spirit. This entails integrating a holistic approach to psychiatry with a firm foundation in evidence-based medicine. I chose to specialize in psychiatric medicine because the human mind is infinitely fascinating and complex, and each patient has a unique story to tell.

What are some of your clinical interests?

I enjoy treating a wide range of psychiatric disorders including depressive, bipolar spectrum, anxiety, substance use, trauma-related and many more.

Why did you choose Island Health?

My wife is a Pacific Northwest native and transplanted me from Oklahoma to Washington. I look forward to exploring the numerous forests, mountains and beaches in our beautiful community.

Christopher DiPesa, DO

SPECIALTY: Psychiatry
CLINIC: Island Psychiatry & Behavioral Health
MEDICAL SCHOOL: Oklahoma State University



Pediatrics

Island Primary Care – M Avenue – 360.293.3101



What do you enjoy most about being a pediatrician?

I love caring for children, watching them grow, and helping them reach their full, healthy potential. I work to cultivate a calm, friendly environment for my patients where they can share their concerns in order for me to provide them with the best care.

What are some of your clinical interests?

I have a special interest in breastfeeding, newborn care, asthma, allergies and nutrition.

How do you like to spend your time when not seeing patients?

I enjoy movies, live music, reading and playing the cello. My family and I love the outdoors, and we enjoy camping and hiking.

Why did you choose Island Health?

I was born and raised in Texas but fell in love with the Pacific Northwest after visiting with my husband, a native Washingtonian.

Amy Montoya, MD, FAAP

SPECIALTY: Pediatrics
CLINIC: Island Primary Care – M Avenue
MEDICAL SCHOOL: University of Texas
RESIDENCY: University of Texas Health Science Center



Dr. Amy Montoya recently joined the team at Island Primary Care – M Avenue providing pediatric care. She is American Board of Pediatrics certified and is an American Academy of Pediatrics Fellow.

Dr. Evan Buxbaum, MPH, a pediatrician with over 20 years of experience, sees young patients weekly at Island Primary Care – M Avenue in Anacortes, alongside his work in the Orcas clinic. Known for his passion for helping young people thrive, Dr. Buxbaum takes a holistic approach, guiding families on quality sleep, balanced nutrition, outdoor activity and healthy technology use. With a special focus on how developmental trauma affects child health, Dr. Buxbaum emphasizes the role of sleep, diet and social

connection in child development. Inspired by the growth at Island Health, he is excited to support island families in raising happy, healthy kids and providing compassionate care close to home.

Evan Buxbaum, MD, MPH

SPECIALTY: Pediatrics
CLINIC: Island Primary Care – M Avenue and Orcas
MEDICAL SCHOOL: Duke University



Why Mammography Matters

Jason Hogge, MD, Chief Medical Officer



One of the goals I have as Chief Medical Officer at Island Health is to positively impact our community's health and wellbeing. One way we are making a difference is through early detection of breast cancer.

Mammography was first recommended for breast cancer screening in the late 1970s. Prior to mammography, the age-adjusted breast cancer mortality rate across the United States was 70%. After the mammography recommendations started to take effect, the mortality rate significantly decreased to 42%. Island Health's 3D mammogram is similar to the traditional mammogram; however, it reduces overlap in the breast images and uncovers distortion and speculated masses. This technology detects 20–65% more invasive breast cancers!



When undergoing a screening of any kind, many people worry, "Will they find something?" Well, let's break down the numbers based on 100 women screening for breast cancer.

If 100 women get screened:

- Ninety (90) will be told that their mammogram is normal, which is good news.
- Ten (10) will be asked to return for a mammogram follow up because they needed additional pictures or views. Of those 10,
 - Six (6) will be told their mammogram was normal after a follow-up appointment and are clear until their next annual screening.
 - Two (2) will be told to follow up in six months.
 - Two (2) will need a biopsy.

This means that about 98% of people will be reassured their breast tissue is normal, and 2% will need further investigation.

Island Health is Here for You

With the latest 3D screening technology, we are working to make early detection paramount. Island Health has put an official organizational goal around improving breast cancer screening rates in our community. With a thorough patient registry, physician reminders and the ability to track individual patient screening measures, we are ensuring that all patients get their screenings (breast cancer and others) regularly.



Don't Wait.
Schedule your mammogram today.
360.299.1315

"All women aged 40 through 74 should get a screening mammogram for breast cancer every year or every other year. If you have a history of breast cancer in your family or are greater than 75, it may be beneficial to get a mammogram, but please discuss with your provider."



Jason Hogge, MD
Chief Medical Officer



Island Health Cancer Screening Recommendations

Early detection saves lives! Island Health is proud to offer many preventive cancer screenings to help keep our community healthy.*

Breast Cancer

Women age 40 and continuing through age 74 should get a screening mammogram for breast cancer every other year.

Colorectal Cancer

All adults aged 45 to 75 years should be screened for colorectal cancer. There are several screening options available. Speak to your provider about the best option for you.

Lung Cancer

Annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.

Cervical Cancer

Women aged 21 to 29, every three years with cervical cytology (Pap test). For women aged 30 to 65 years, every five years with high-risk human papillomavirus (hrHPV) testing in combination with cervical cytology.

Liver Cancer

It is recommended that patients with cirrhosis and/or chronic hepatitis B virus undergo a screening ultrasound every four to six months to detect hepatocellular carcinoma.

*Island Health follows screening guidelines based on the U.S. Preventive Services Task Force (USPSTF). Talk with your primary care provider to determine when you should get screened.

Revolutionizing Surgery

The Arrival of the da Vinci 5 Surgical Robot at Island Health

Island Health is excited to introduce the da Vinci 5 surgical robot later this spring, a cutting-edge technology that will enhance surgical procedures and patient outcomes. With an estimated total investment of \$6.2M, this advanced robotic system has been primarily funded through a \$2.5M congressionally directed spending award, sponsored by Senator Patty Murray. While the grant covers the cost of the robotic unit itself, the Island Health Foundation is raising additional funds to cover the replaceable instruments, supplies and associated costs needed to fully operationalize the robot.



Making Preparations

In anticipation of the da Vinci 5 robot's arrival, Island Health is taking proactive steps to ensure a smooth integration into our surgical services. Upgrades to our Surgical Services and Sterile Processing departments are underway, ensuring that our facilities are fully equipped to support this advanced technology.

Additionally, physicians and staff are conducting comprehensive training to ensure that our medical team is fully prepared to operate this system to the highest standards.

The excitement surrounding this technology reflects the commitment of Island Health leadership and medical staff to providing exceptional care by continually investing in innovative advancements for our community.

The da Vinci 5 surgical robot will enhance the precision and safety of surgeries and improve patient recovery experiences. We look forward to bringing this transformative technology to our patients and continuing to set the standard for excellence in healthcare. Stay tuned for further updates on our progress!

"Our skilled surgeons will continue to play a central role in patient care. This advanced technology transforms how surgeries are performed and enhances their expertise and capabilities." Jason Hogge, MD, Chief Medical Officer

Benefits to Patients

The da Vinci 5 surgical robot revolutionizes surgery, setting a new standard of care for many surgical procedures. Its key advantage is the ability to perform minimally invasive procedures with enhanced precision. This is achieved with magnified imaging and improved dexterity, allowing for greater control during operations. As a result, surgeries are safer, and patients experience significantly faster recovery times. Smaller incisions reduce pain and the risk of infection, leading to shorter hospital stays and quicker return to daily activities.

The da Vinci 5 system is a future-ready platform with advanced capabilities today and abundant capacity to incorporate ongoing enhancements. Island Health is thrilled to be a leader in this field and looks forward to continually bringing advanced minimally invasive surgical options to our community.

Surgical Capabilities

The da Vinci 5 robot is versatile, enabling surgeons to perform complex procedures across a range of specialties, including general surgery, gastrointestinal, gynecologic and urologic surgeries, with exceptional precision and control. The types of surgeries that can be performed with this robotic system include:

- **General Surgery:** Such as appendectomies, gallbladder removal and hernia repairs
- **Gynecologic Surgery:** Such as hysterectomies, pelvic organ prolapse repairs and endometriosis resections
- **Gastrointestinal Surgery:** Including colectomies, proctectomies and gastrectomies
- **Urologic Surgery:** Including cystectomies, radical prostatectomies and bladder repairs





Cancer Care Transitions to Infusion Therapy

In August 2023, Island Health's contracted medical oncologists consolidated their services due to staffing challenges, leaving our community without cancer care services. Our goal is to help patients with cancer receive medical treatment as close to home as possible. Island Health's ability to provide comprehensive cancer care is dependent upon a combination of factors, including funding sources and a change to our Medicare designation. While we are currently unable to provide chemotherapy without a medical oncologist on staff, Island Infusion Center is working hard to provide infusion services to patients in our community who need them.

At Island Infusion Center, we are proud to offer advanced infusion therapies to meet the diverse medical needs of our community. Our skilled clinical nursing staff administers a wide range of specialty, non-chemotherapy infusions to support short-term recovery and long-term health management related to infections, iron deficiency, neurological disorders, osteoporosis and more.

Our services include:

- Blood product transfusions
- Fluids and antiemetics for nausea and dehydration
- IV antibiotics for infections
- Intravenous immunoglobulin (IVIG) for immunodeficiency and neurological conditions
- Iron or Retacrit for anemia
- Leqembi and Kisunla for early-stage Alzheimer's disease
- Reclast for osteoporosis
- Solu-medrol for MS exacerbation
- Additional therapies tailored to patient needs

Our infusion room provides a warm, welcoming environment with breathtaking views of Mt. Baker, the Salish Sea and the Cascade Mountains. At Island Infusion Center, your comfort and health are our top priorities.

Want more information about our services?

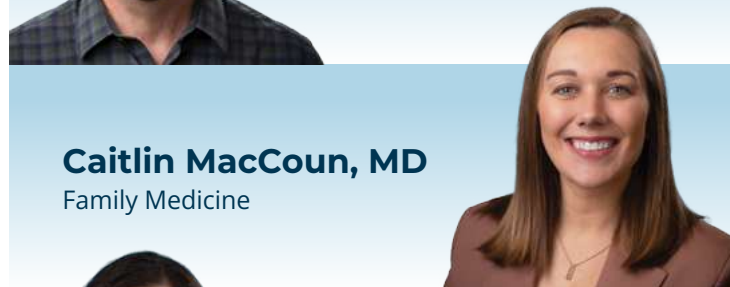
Call 360.299.4200 or visit islandhealth.org/infusions.

Island Primary Care Expert Care for Every Stage of Life

Jason Blair, MD
Family Medicine & Obstetrics



Evan Buxbaum, MD, MPH
Pediatrics



Caitlin MacCoun, MD
Family Medicine



Amy Montoya, MD
Pediatrics



Janelle Peranteau, FNP
Family Medicine



Brittany Whitaker, DO
Family Medicine

Call Today! 360.293.3101
View all Island Health primary care providers accepting new patients.



ISLAND PRIMARY CARE
islandhealth.org/new-patients

Courageous Caregivers

The Courageous Caregivers program is designed to showcase the exceptional talent and dedication of our team members. We believe that sharing their stories will inspire others and highlight the amazing work being done here at Island Health.

Read about all of our previously featured Courageous Caregivers at islandhealth.org/courageous-caregivers.

Sarah O'Connell, BSN, RN

What do you love about your work?

I love working as a nurse. Being able to show compassion and empathy for those on their most vulnerable days on what could be the worst day of their life brings me peace. I began working in the hospital as a patient care technician and fell in love with working at the bedside. This inspired me to utilize Island's tuition reimbursement program to obtain my registered nursing license and later my Bachelor of Science in Nursing. Now I work in the ICU.

If you could sum up your job in one sentence, what would it be?

I care for a generous community alongside brilliant colleagues who are always willing to lend a helping hand.

What would you say to someone considering a job at Island Health?

I have enjoyed my time at Island Health so much that I can't see myself working anywhere else. I feel supported professionally and emotionally. The organization listens and provides outcomes within their power, supporting employees and their families.

What do you like about living in the Pacific Northwest?

This gorgeous region has an abundance of hiking trails, scenic beach views and a wonderful community. I couldn't imagine myself anywhere else!

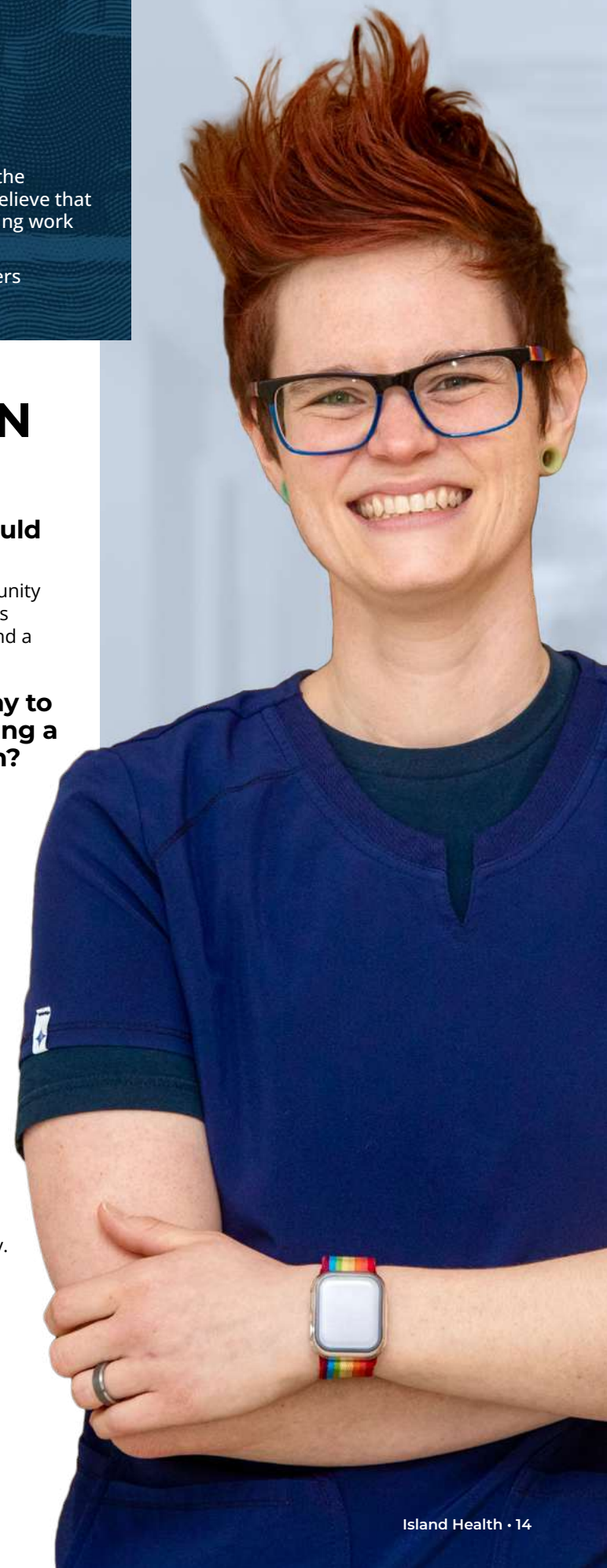
"I care for a generous community alongside brilliant colleagues."

Why did you choose Island Health?

I chose to work for Island Health in 2014 because of the excellent care my family members received while in the hospital and when seeing my primary care doctor. The sense of community within the organization is incredible. I always feel supported and feel as if I can raise concerns. My voice matters, and our hospital looks for innovative ideas from those who work directly at the bedside, helping us come up with solutions together.

Interested in a career with Island Health?

Call 360.299.4285 or visit islandhealth.org/careers.



Impact Report: 2024 at a Glance

Island Health is proud to provide care in our community. From the Emergency Department to Primary Care, Diagnostic Imaging to Intensive Care, we are here when you need us for preventive, specialty and acute healthcare needs. Our year in review showcases the number of individuals we've served—46,447 to be exact—impacting lives across our community and beyond. Thank you for allowing us to be a part of your healthcare journey.

46,447

Individuals Served



Screenings

7,379

Diabetes

4,389

Breast Cancer

2,505

Colorectal Cancer

314

Lung Cancer



Health Education

918

Attendees

117

Classes & Events

33

Unique Programs

11

New Classes



Economic Impact

740

Employees

229

Medical Staff

(physicians and advance practicing providers)



17,615

Emergency Dept. Visits



8,926

Primary Care Visits



7,976

Vaccines Administered



4,793

Surgeries



3,219

New Primary Care & OB/GYN Patients



2,367

Inpatients



426

Babies Delivered



We are *your*
Public
Hospital
District



Steve Monrad, Community Paramedic, and Ashley Wick, Resource & Care Coordinator at the Anacortes Family Center, in the Island Health Emergency Department.



Partnering for a Healthier Community

Collaboration Extends the Reach of Healthcare

Island Health's commitment to the health and wellness of our community doesn't stop at our doors. Through enduring partnerships, we collaborate to help fill healthcare gaps that may otherwise go unchecked.

Anacortes School District

Healthy communities start with healthy kids. Island Health is proud to provide crisis support to our school district's students and staff. When there is an emergent need for mental or emotional support, Island Psychiatry & Behavioral Health teams provide immediate intervention.

"We are deeply grateful for our partnership with Island Health, which has been critical in providing proactive and responsive support. Through regular collaboration, we effectively address mental health and crisis issues, ensuring seamless communication and minimizing the impact on students, families and the community. This partnership promotes overall health and well-being, allowing us to adapt and grow with the changing needs of our schools and community."



Dr. Becky Clifford
Assistant Superintendent
Anacortes School District

Anacortes Fire Department

Through the Community Paramedicine Program (CPP), Island Health social workers, providers and staff partner with community paramedics to check on patients at home. The program reaches patients where they are when a physical or environmental concern is raised that may impact their health. In 2024, the CPP assisted over 100 patients with complex medical issues, disabilities or other needs. This program is funded by Island Health and the City of Anacortes.

"Our Community Paramedicine Program is the first of its kind in Skagit County. It is unique because of the relationship between the organizations and our ability to collaborate between fire department staff, the community paramedic and providers at Island Health."



Steve Monrad
Community Paramedic
Anacortes Fire Department

Anacortes Family Center

The Anacortes Family Center (AFC) and Island Health collaborate to provide healthcare to vulnerable families facing homelessness. Often, healthcare needs go unmet until conditions become severe, requiring emergency care. Through this partnership, Island Health offers weekly primary care appointments for AFC families, helping them address issues early, receive preventive care like vaccinations and establish relationships with trusted providers.

"To say our families are grateful is an understatement, and Anacortes Family Center is tremendously thankful to Island Health for prioritizing households frequently underserved but in dire need. Thank you, Island Health!"



Dustin Johnson, CFRE
Executive Director
Anacortes Family Center

Island Health Foundation

Many of the programs and support Island Health provides to the community would not be possible without the generous donations from the Island Health Foundation. In 2024, the Foundation provided nearly \$3M in funding, assisting with various grants toward capital improvement projects, health education programs, new equipment, technology and more.

"The Island Health Foundation is honored to support the expansion of healthcare services within our community. We are deeply grateful for the generosity of our donors, board members and staff, whose unwavering commitment and expertise ensure that quality healthcare remains accessible and close to home for all residents."



Marta McClintock
Executive Director
Island Health Foundation

Classes

Looking to improve your well-being? Our comprehensive health education program offers a variety of classes and events designed to empower you with knowledge and tools for a healthier lifestyle.



Register Today

Call 360.299.4204 or visit islandhealth.org/classes.

Registration is required unless specifically stated in description. All health education programs are held in the Fidalgo Room unless noted otherwise. Not all classes listed; please visit our website for the entire program catalog.

LIFESTYLE AND WELLNESS

CPAP, BI-PAP Education

Join this hands-on class to find answers to common questions and practical explanations for CPAP issues. Please bring in your machine for possible adjustments and inspection.

DATE/TIME: May 8, 4 p.m.
September 11, 4 p.m.
COST: Free
INSTRUCTOR: Robert Down, RT

Hypertension Prevention

Join us for an engaging class on preventive strategies for managing high blood pressure (hypertension). The basics of blood pressure, nutrition strategies, healthy lifestyle practices and an overview of common medications will be covered.

DATE/TIME: May 6, 2 p.m.
COST: \$10
INSTRUCTORS: Deni Bowker, LPN
Onna Butler, BSN, RN
Sydney McCabe, BSN, RN

Weight and Wellness

Join our board-certified obesity and family medicine physician to learn lifestyle management techniques to help manage the disease of obesity. Current medication strategies as well as surgical options will also be covered.

DATE/TIME: March 20, 5 p.m.
July 15, 11 a.m.
COST: \$10
INSTRUCTOR: Sarah VanGaasbeek, MD

HEALTHY AGING



End-of-Life Paperwork

What documents should you have prepared for end of life? Join an expert from Hospice of the Northwest to learn more about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives and Health Care Durable Power of Attorney (HCDPOA). All forms provided free of charge.

DATE/TIME: May 7, 10:30 a.m.–12 p.m.
August 6, 10:30 a.m.–12 p.m.
COST: Free
INSTRUCTOR: Hospice of the Northwest

Aging in Place

Join an expert from Hospice of the Northwest to learn tips and strategies for healthy aging and living independently in your home for as long as possible.

DATE/TIME: April 2, 10:30 a.m.
July 9, 10:30 a.m.
COST: Free
INSTRUCTOR: Hospice of the Northwest



Medicare Orientation

Orient yourself with the Medicare process through this class that will include information on enrollment, coverage options, supplements and prescriptions. Presented by MedicareOnDemand.



DATE/TIME: April 8, 2 p.m.
July 23, 12 p.m.
COST: Free
INSTRUCTOR: MedicareOnDemand

Hospice 101

Learn the basics of hospice care, including support for patients and families, eligibility requirements, how it's paid for and how to get started.



DATE/TIME: June 4, 10:30 a.m.
September 10, 10:30 a.m.
COST: Free
INSTRUCTOR: Hospice of the Northwest

NUTRITION

Osteoporosis Nutrition

Learn what foods are most beneficial for your bones to help them stay healthy as you age.

DATE/TIME: April 1, 4 p.m.
July 16, 3 p.m.
COST: \$10
INSTRUCTOR: Rosa Brown, MDN, RD



Living Better with Diabetes

Join this discussion on eating healthy, being active and reducing risks to help manage diabetes.

DATE/TIME: April 17, 11 a.m.
September 18, 11 a.m.
COST: \$10
INSTRUCTOR: Amanda Lungren MPH, RDN, CDCES



Practical Mediterranean Diet

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol and body weight. Learn practical tips for making this eating style work for you!

DATE/TIME: April 24, 4 p.m.
July 24, 4 p.m.
COST: \$10
INSTRUCTOR: Amber Phillips, MS, RD



Prediabetes Education & Prevention

One in three U.S. adults have prediabetes. But diabetes doesn't have to be the final destination. Learn steps you can take to prevent or delay diabetes and other serious health problems.

DATE/TIME: May 13, 3 p.m.
August 5, 4 p.m.
COST: Free
INSTRUCTOR: Rosa Brown, MDN, RD

Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Learn small changes you can make to your diet to reduce saturated fat and cholesterol intake.

DATE/TIME: May 22, 3 p.m.
August 28, 3 p.m.
COST: \$10
INSTRUCTOR: Rosa Brown, MDN, RD



Nutrition for Kidney Health

Explore the causes, symptoms and stages of chronic kidney disease (CKD), as well as effective nutrition strategies for managing the condition and slowing its progression.

DATE/TIME: March 18, 4 p.m.
June 10, 4 p.m.
September 9, 3 p.m.
COST: \$10
INSTRUCTOR: Rosa Brown, MDN, RD

PROGRAMS AND EVENTS

Blood Drive with Bloodworks Northwest

One in every seven patients entering the hospital will need a blood transfusion. Your gift of blood may be someone's second chance.



DATE/TIME: April 10, 10 a.m.–4 p.m.
June 12, 10 a.m.–4 p.m.
CALL: 1.800.398.7888 to schedule

Better Breathers Club

Better Breathers Club members learn effective ways to cope with lung conditions such as COPD, pulmonary fibrosis and asthma while getting the support of others in similar situations.

DATE/TIME: First Wednesday of every month @ 4 p.m.
LOCATION: Cardiopulmonary Rehab
COST: Free
INSTRUCTOR: Robert Down, RT



Car & Booster Seat Clinic

Have your car and booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car.

DATE/TIME: Second Thursday of even months 12–2 p.m.
LOCATION: Island Health
24th Street parking lot
EMAIL: CarSeatsNW@gmail.com to schedule

Childbirth Education

Prenatal nutrition, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. This class is a blend of discussion, videos and hands-on practice.

DATE/TIME: ONE-DAY SATURDAY CLASS
April 19, 10 a.m.–6 p.m.
June 21, 10 a.m.–6 p.m.

FIVE-WEEK SERIES
May 6–June 3, 6–8:30 p.m.
July 1–29, 6–8:30 p.m.
September 2–30, 6–8:30 p.m.

COST: \$115 (Covered by Apple Health)
INSTRUCTOR: Teri Shilling
MS, LCCE, CD(DONA), IBCLC

Register Today

Call 360.299.4204 or visit islandhealth.org/classes.

Registration is required unless specifically stated in description. All health education programs are held in the Fidalgo Room unless noted otherwise. Not all classes listed; please visit our website for the entire program catalog.



Healthy Snack Swaps

Snacks are a great way to boost your energy during the day, and many options exist. How do you choose snacks that are also nutritious? Choosing snacks that help your body feel full and energized is a good strategy. Many typical pre-packaged snacks, such as chips, cookies and

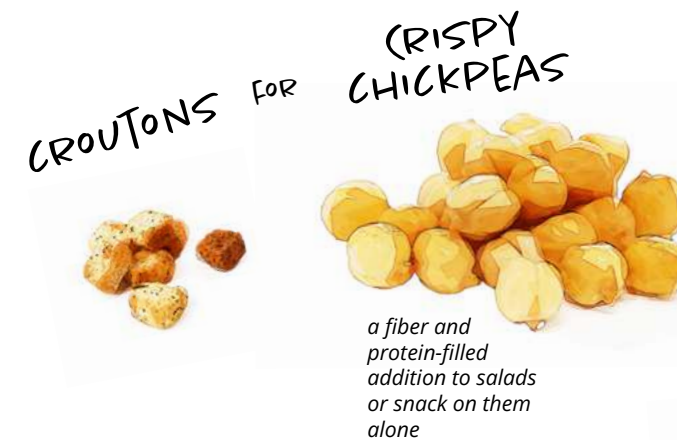
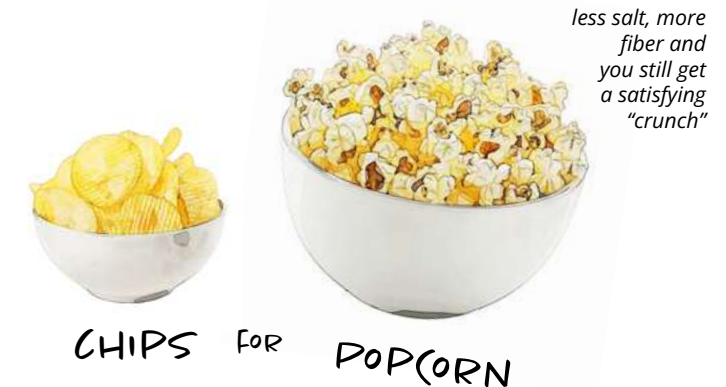
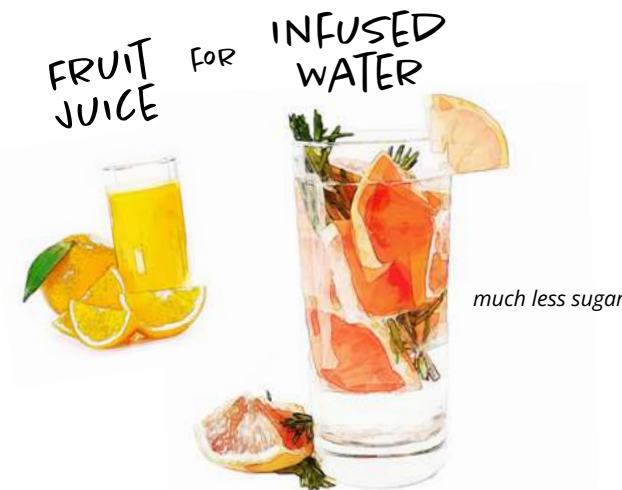
candy, contain high levels of sugar and salt while being low in protein and fiber. These nutrients are essential for helping you feel fuller for a more extended period. Below are some easy swaps to improve your nutrition and daily energy.

For added flavor, try spicing up your popcorn with these options instead of choosing butter and salt:

Nutritional Yeast*, Avocado Oil, Garlic Powder, Onion Powder, Chili Powder, Paprika

*Nutritional yeast is a plant-based, gluten-free alternative to brewer's and baker's yeast, with a savory, cheesy flavor. It is a great way to add extra protein, vitamins and minerals to your meals and snacks, along with some extra nutty flavor.

TRY SWAPPING OUT...



For regular posts about health tips and tricks, check out Island Health's Healthy Living Blog.



Take a stroll through our Super Colon.

Colon Care Day

DATE/TIME: March 12, 11 a.m.–2 p.m.
COST: Free

Colorectal cancer is a leading cause of cancer death in the United States, but it doesn't have to be. Island Health is working hard to make screening for colorectal cancer easy for our community members. Stop by our Colon Care Day to learn more ways to give your gut some love!

Strollin' through the Colon

Check out our huge inflatable Super Colon and pick up your **Free** colorectal cancer screening kit while supplies last.

Preventive Screening Trivia

Test your knowledge of best practices for common cancer screenings to win fun prizes!

Understanding Colonoscopies and Your Gut Health

Join us for a class all about clarifying the colonoscopy process and ways nutrition can improve your gut health.

TIME: 11 a.m.–12 p.m.
INSTRUCTORS: Mark Donovan, MD, FACS
Amber Phillips, MS, RD



HEALTHY RECIPE

Zesty Spring Minestrone

A Fresh, Flavorful Twist on Comfort Food

MAKES 8, 12 OZ SERVINGS

Springtime calls for fresh, vibrant greens and tender shoots. This recipe combines high-fiber peas and beans with orzo pasta for a delicious, nutrient-packed dish. Whether you choose to slow-cook dried beans with bone broth over the weekend or take a shortcut with canned beans for a quick 25-minute weeknight meal, it's versatile and easy. Don't skip the lemon zest—it adds a refreshing brightness to the dish. For an extra touch, serve with parmesan cheese crisps for a delightful crunch.

- 1 Tbsp olive oil
- 1 cup chopped yellow onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 cup green peas
- 1 cup chopped asparagus
- 1 Tbsp minced garlic
- 14 oz fire-roasted diced tomatoes
- ½ cup orzo
- 6 cups broth, stock or bouillon
- 1 cup cooked white beans
- 2 tsp lemon zest
- 2 Tbsp fresh or 2 tsp dried Italian herbs (thyme, basil and oregano)
- 2 cups baby greens (spinach, kale, radicchio)
- salt and pepper to taste

1. In soup pot, sauté onion, celery and carrots in olive oil for 2-3 minutes.
2. Add peas, asparagus and garlic. Continue cooking until garlic is fragrant.
3. Add tomatoes, orzo and broth, stock or bouillon to pot. Bring to a boil then turn to medium-low and simmer covered for 8 minutes.
4. Add beans, lemon zest, herbs and baby greens. Simmer uncovered until orzo has fully cooked.
5. Salt and pepper to taste. Serve with parmesan cheese crisps or garlic toast.



Amber Phillips, MS, RD
Director of Food & Nutrition

Quality Care Here at Home

Young Family Grateful for Island Health's Birth Center



Before landing in Anacortes, Elliott and Molly Johnson lived in Arizona. Born and raised in Alaska, the couple chose Anacortes as the perfect place for Elliott to grow his business and for Molly to continue her career as an exercise specialist. As the Johnsons started to expand their family, they realized Anacortes also offered exceptional healthcare, utilizing Island Health's Birth Center three times over the last 10 years.

"We're so fortunate to have access to a hospital-based birth center in our rural island community, especially knowing other communities are struggling to offer maternity services," Molly said.

Most recently, when the Johnsons were about to become a family of five, labor was quick. They were grateful to have a hospital so close to home, avoiding the need to travel 30 minutes or more in active labor. Molly says the birth experience for all her sons was equally positive, due to the staff and culture at Island Health.

The setting of the labor and delivery room creates a calm atmosphere for both mother and the

accompanying family, with plenty of room for a support team. Dim lights and quiet voices soothe everyone involved. Molly was comforted by the more intimate care team, especially since she knows her doctor and many of the nurses from living in a small community. Recognizing familiar faces—from the phlebotomists and ultrasound techs to nurses and doctors—is an important difference between care here and a larger facility in our surrounding area.

"Truly, I don't know another hospital-community connection like the one here in Anacortes."

Molly Johnson

"I see these individuals at Saturday sporting events and in PTA meetings, always with the same warm smile that greets us every time at the hospital," Molly said.

The Johnsons feel lucky to have had Dr. Kathy Garde for their sons' births but know they'd have been in good hands with any of the providers at Island Health. Last year, the family was fortunate to gain a new family provider. The day after their third son was born, Dr. Elke Neuenschwander visited and their lives "were forever changed." They feel relieved knowing they are being well cared for. The Johnsons are grateful for the many new, young, talented and caring providers joining the Island Health team.

"Island Health is home to a special group of people who love to make a difference in the lives of their neighbors," Molly said.





Upgrading Facilities for Superior Service Delivery

At Island Health, facility maintenance and updates are a key strategy for providing exceptional care to our community. Over the last few years, we have worked to create space for future growth in specialty and primary care, as well as surgical services. Our list of projects is extensive, but with funding through federal grants, philanthropy and the tax levy, we were able to complete a major construction project in 2024, with more underway in 2025 and beyond.

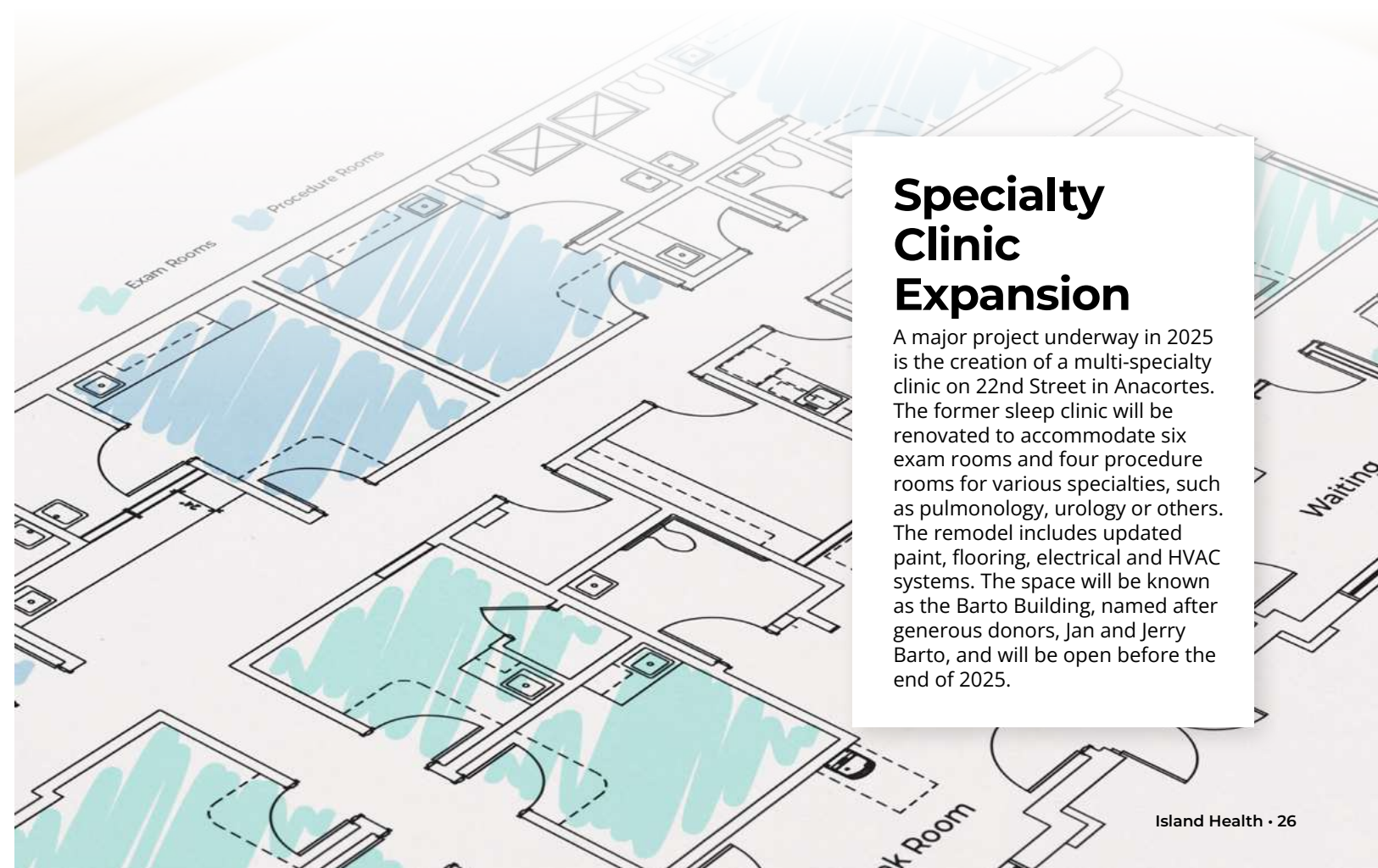
Rooftop Helipad Activated

The Emergency Services Project wrapped up in December with the activation of the rooftop helipad. Through congressionally directed spending sponsored by Senator Maria Cantwell and generous donations from the Island Health Foundation, Island Health updated and secured the Emergency Department, main entrance and central waiting areas. We also relocated the helipad from the parking lot to the roof of the hospital, improving flight paths and expediting patient care. The final step in this project is to remove the former helipad from the parking lot and create approximately 20 additional parking spaces for patients in the 24th Street parking lot.



Surgical Services Renovations

With the arrival of the da Vinci 5 surgical robot, Island Health is renovating the Surgical Services and Sterile Processing departments to accommodate the new equipment. Updates are being made to the sterile processing equipment, and surgical equipment storage is being expanded. In addition, the endoscopy suite was recently updated to improve processes and workflows during procedures. Read more about the new surgical robot on page 11.



Specialty Clinic Expansion

A major project underway in 2025 is the creation of a multi-specialty clinic on 22nd Street in Anacortes. The former sleep clinic will be renovated to accommodate six exam rooms and four procedure rooms for various specialties, such as pulmonology, urology or others. The remodel includes updated paint, flooring, electrical and HVAC systems. The space will be known as the Barto Building, named after generous donors, Jan and Jerry Barto, and will be open before the end of 2025.

Island Health Foundation

The Island Health Foundation was established in 1978 as a nonprofit, private foundation dedicated to supporting and improving healthcare in our community. Today, thanks to the ongoing generosity of donors, the Foundation has reached every corner of Island Health, supporting its growth from a small hospital to an award-winning healthcare system. Forty-seven years later, philanthropy continues to play a significant role in creating a healthier community.

Meet the Team!

In 2024, the Island Health Foundation welcomed a new team dedicated to ensuring that quality, 5-star healthcare remains accessible close to home.

Pearle Peterson

Fundraising & Development Coordinator

"As a fifth-generation resident of Anacortes, I love knowing that the work I do has a positive impact on the community that has given so much to me. I truly believe Anacortes is one of the most special places on Earth, and we are lucky to have quality healthcare close to home. I'm happy to do my part to help keep it that way."



Marta McClintock

Executive Director

"I love waking up every day knowing the work I do is making a difference in people's lives and having a positive impact on our community."



Mason Cole

Operations Coordinator

"Anacortes is my hometown and has given me so much throughout my childhood. I want the best for this community, and I will do whatever I can to keep my family, friends and neighbors healthy!"



Meet Our Newest Board Members

With a steadfast commitment to preserving and expanding access to quality, local healthcare, the Island Health Foundation Board of Directors plays a crucial role in supporting Island Health's patients and programs. Through individual donations, grants and strong relationships, the Foundation helps fund innovative technology, health education, mental health programs and more. The Foundation's board members bring a wealth of experience to their work, providing fiscal oversight, setting policies and goals, and participating in fundraising efforts. Each year, the Board enthusiastically welcomes new members, and this year, we are proud to welcome Marla Mellies, Dave Harris and Brent Lindquist to the Board of Directors.



Marla Mellies

"A key part in my selecting Anacortes as a community was having high-quality medical care nearby. Supporting Island Health through the Foundation is my way of giving back and helping to ensure great healthcare on Fidalgo Island for the long term."



David Harris

"I am forever in debt to Island Health for helping me through a challenging medical situation. The quality of care I received—and continue to receive from the staff—was truly above and beyond. I am excited about the opportunity to pay it forward by supporting the Island Health Foundation and our wonderful community."



Brent Lindquist

"I live in Anacortes and I work at the Anacortes Police Department, and on both fronts it's not hard to see that Island Health is a remarkably positive presence in our community. The opportunity to be a small part of that presence was a no-brainer."

Your Impact in Action

In 2024, the Foundation donated \$1.5M to help renovate the Emergency Department and relocate the helipad to the rooftop. These critical updates enhanced security, improved the flight path for airlifts, and created a more comfortable and welcoming environment for patients and staff. A major investment of nearly \$700,000 to fund new equipment and life-saving technology was also a priority in 2024. Purchases included:

- Bassinets, postpartum beds, fetal monitoring carts and a new phototherapy system (Birth Center)
- Exam tables, wheelchairs, stretchers and ultrasound equipment (various departments)
- Scopes (Anesthesiology and Surgical Services)
- Bikes (Cardiopulmonary Rehabilitation)
- Reclining phlebotomy chair and new courier vehicle (Laboratory)

Our 2024 Gala of Hope raised funds to expand pulmonology care, funding a new bronchoscope, ventilators, new pulmonary function testing, guided IVs and more. The Foundation also continued its commitment to supporting community health initiatives including funding for the Community Paramedicine Program, diabetes education, innovative mental health programs in our schools, a social worker/patient navigator in the Emergency Department, and scholarship funding to empower Island Health staff to further their education and enhance their skills.

\$2,945,755
Raised

\$2,931,256
Funded

46,447
Patients Impacted

Community Care Partners

The Community Care Partner (CCP) program is a way for businesses to support Island Health in a meaningful way that will impact quality healthcare close to home for years to come. You can become a CCP by making an annual gift of \$1,000 or more, or through sponsoring our annual Gala of Hope.



To become a CCP, scan the QR code or visit islandhealthfoundation.org



Caring Donations in Recognition of Friends and Loved Ones



To remember or honor someone with a donation, please call 360.299.4201 or visit myihf.org/donate.

IN MEMORY

Amanda Joan Brazas • Anita 'Cele' Westlake • BJ Goolsby • Bob Englund • Carl Borntinger
Carolyn Blesdoe-Teezers • Christine Munch • Chris & Marcus Whatley • Daniel Renninger
Deanna Iverson • Georgia Herron • Genevieve Boyle • Graeme Laing • Ida & Louis Bertrand
Jack & Jean Riddle • Jeri Strom • Jeffrey Parker • Jim Kirk • Josephine Anne Derton • Karen Hancock
Ken Lang • Opal Dwyer • Pamela Munson • Patricia Wixon • Richard N. Nelson • Robert Peterson
Robert Roos • Sharon Rein • Stew Sterling • Susan Lamb • Warren & Marie Potash • Wendy Strand

IN HONOR

Andrea Riley • Dr. Charles Kotal • Dr. David Rice • Dr. John Chambers
Dr. Kieran Melody • Dr. Robert Rieger • Howard Behar • Jessica Shriver
Katharine Hepburn Cohen • Katie Logan, RD • Naomi Stone
Pulmonology Rehabilitation Staff • Rosa Brown, MDN, RD

ISLAND
HEALTH
FOUNDATION

PRESENTS

THE 22ND ANNUAL
Gala
OF
HOPE

BACK TO BLACK
THE FUTURE
IS OURS

APRIL 26
2025

COCKTAIL HOUR: **5:30**
DINNER & LIVE AUCTION: **6:45**

WA WALTON EVENT CENTER
SWINOMISH CASINO & LODGE
12885 CASINO DRIVE, ANACORTES

SPONSORED BY:
MARATHON PETROLEUM
HAVEN FINANCIAL

Gala to Fund Robot

The 22nd Annual Gala of Hope is set to be out of this world! Inspired by this year's theme—*Back to Black: The Future is Ours*—the 2025 Gala Committee invites you to join us for a galactically good time while we raise important funds for Island Health's Surgical Services department.

The Island Health Foundation has made a major financial commitment to support the purchase of a da Vinci 5 surgical robot for Island Health through the 2025 Heartstrings "Raise the Paddle." This purchase will help Island Health stay on the forefront of robotic-assisted medical technology and patient care, allowing surgeons to perform minimally invasive surgeries and additional procedures while offering advancements for optimal results.

"Our April 26, 2025, Gala of Hope Heartstrings will support this incredible technology," said Foundation Executive Director Marta McClintock. "We are very excited to be involved in funding this life-changing care."

The theme for this year's gala underscores the elegant and futuristic vision for the event and creates the perfect backdrop to raise funds for the new technology, which will allow for faster healing and a quicker return home for patients.

"Bringing the surgical robot to Island Health will make a big impact on our community," said Island Health CEO Elise Cutter. "We are especially grateful for the support of our Foundation in this endeavor, which will not only have the immediate impact of bettering patient outcomes, but will also help Island Health continue to recruit and retain exceptional providers and staff."



Learn more about the Gala of Hope or the Island Health Foundation.

Scan the QR code, or contact us at foundation@islandhospital.org or 360.299.4201.



On Dec. 24, 1968, Apollo 8 astronauts Frank Borman, Jim Lovell and Bill Anders became the first humans to orbit the Moon, and the first to witness the magnificent sight called *Earthrise*. As the spacecraft was in the process of rotating, Anders took this iconic picture showing Earth rising over the Moon's horizon.



An Astronomical Gift

In the spring of 2020, the late Major General William "Bill" Anders and his wife of nearly 69 years, Valerie (Hoard), made a significant early legacy gift to the Island Health Foundation. This year's Gala of Hope and its futuristic space theme—*Back to Black: The Future is Ours*—is inspired, in part, by Anders' life and this generous gift.

A fighter pilot, astronaut, ambassador, civil servant and business leader, Anders—who is most widely known for being a crew member aboard Apollo 8—died in a small plane crash in the San Juan Islands on June 7, 2024, at the age of 90.

Anders and his Apollo 8 crew-mates, Frank Borman and James Lovell, were the first humans to orbit the Moon. During the mission, Anders took a now-famous photograph known as *Earthrise*. The iconic photo of Earth emerging from the lunar horizon, suspended in space, would be named among the 100 Photographs that Changed the World by *LIFE* magazine.

After he left NASA, Anders went on to serve as chair of the National Aeronautics and Space Council, commissioner of the United States

Atomic Energy Commission and founding chairman of the Nuclear Regulatory Commission. He was appointed as ambassador to Norway, where he served from 1975 to 1977.

In private industry, Anders worked for General Electric and Textron, ultimately becoming the CEO of General Dynamics. He retired in 1994, and he and Valerie began splitting time between the San Juan Islands and San Diego, where Anders continued to pursue his passion for flying and boating. The couple traveled widely and engaged in various philanthropic ventures, including founding the Heritage Flight Museum in Skagit County and supporting the Island Health Foundation. Anders said of the gift to the Foundation, "We hope to inspire others in our community to give now if they're able." Anders' incredible life and legacy of service and generosity continue to inspire.

You, too, can create your legacy of giving at Island Health Foundation.

To learn more, scan the QR code or contact us at 360.299.4201.



Heartbeats

Island Health
1211 24th Street
Anacortes, WA 98221



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