



Spring/Summer 2013

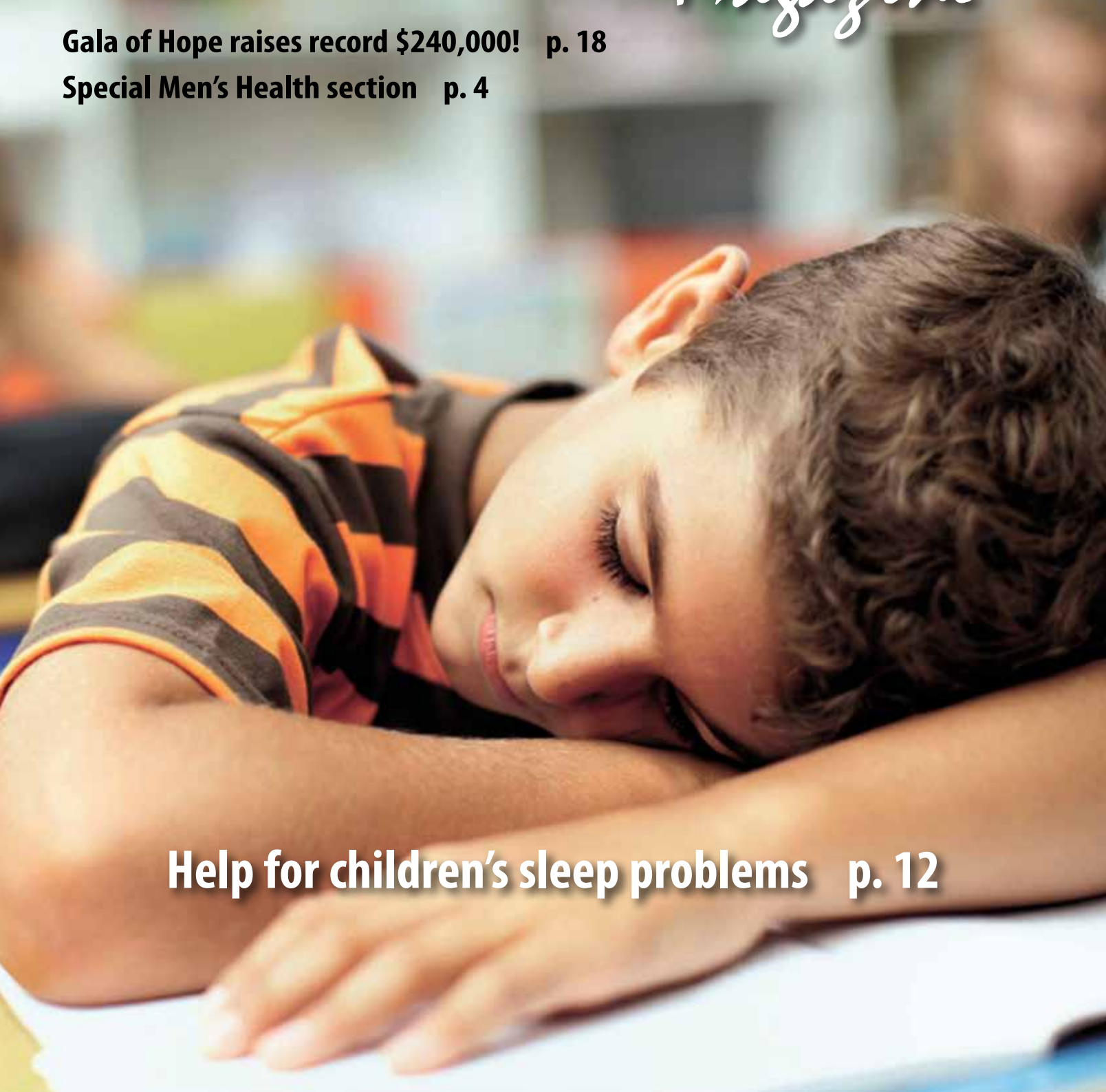
ISLAND HOSPITAL

# Heartbeats

*Magazine*

**Gala of Hope raises record \$240,000! p. 18**

**Special Men's Health section p. 4**



**Help for children's sleep problems p. 12**

# Commissioner's Message

## Seeking a partner

by **Buzz Ely MD**

President, IH Board of Commissioners

In meeting our responsibility as elected public officials, the Island Hospital Board of Commissioners continually works to meet the healthcare needs of west Skagit County, north Whidbey and the San Juan Islands -- for the long term. A key part of this is the need to maintain financial strength to provide the necessary tools -- technology, facilities and staff -- imperative in delivering high-quality medical services.

More than a year ago, Island Hospital signed an inter-local 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 other ways to work together while maintaining each organization's independence, local identity and autonomy.

A Request for Indication of Interest was sent 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; from the eight returns, five affirmative responses were selected for a short list.

A draft Request for Proposal (RFP) was presented at a March 2013 public forum in Mount Vernon, held jointly by all three Boards. At this forum, the three Boards voted unanimously to send the RFP to the five interested health systems. On April 30, the Island Hospital Board of Commissioners held a public forum in Anacortes to hear from the community about these initiatives. Very few, if any, questioned the collaboration itself, but conveyed strong feelings about which health system should, or should not be selected.

### Next steps

By the time you read this, all of the responding health systems should have returned their RFPs, and the decision process for evaluating the proposals will include:

- Individual Boards meeting to review
- Joint meeting of the three Boards to discuss and evaluate options
- Partner health system selected
- Individual Boards craft a plan to work with the selected partner (While the three collaborating hospitals must select a single health system as an affiliate, each hospital Board can decide how it wishes to work with the new tertiary partner)

We expect this process to be complete by early fall, but may happen more quickly.

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

In closing, I must acknowledge the resignation of Laurie Gere from the IH Board of Commissioners. Laurie has exemplified leadership in her time as a Commissioner. While we will miss her insight and dedication to Island Hospital, we all wish her the best in future endeavors.



## Laurie Gere leaves Board of Commissioners



*Laurie Gere, who has served since 2001, recently resigned from the Island Hospital Board of Commissioners to pursue another public office. Gere has been instrumental in the hospital's construction of modern facilities, expansion of services and improvement in quality. Members of the Board and Administration who joined in thanking Gere for her extraordinary service are (from left) CEO Vince Oliver, Board President Buzz Ely MD, Gere, Commissioner Chip Bogosian MD, Commissioner Jan Iversen, Commissioner Paul Maughan PhD and CFO Elise Cutter.*

## Lynne Lang PhD selected for Board seat



The Island Hospital Board of Commissioners has selected Lynne M. Lang PhD, to fill the unexpired term of Commissioner Laurie M. Gere who recently resigned from the Board. Lang was chosen from an excellent field of applicants. She has filed as a candidate for the full term as Commissioner beginning in January 2014.

Lang received a Bachelor of Science degree in Accounting from Chapman University, a Masters of Business Administration degree from City University and a PhD in Management and Decision Sciences from Walden University. She is the founder and CEO of Anacortes-based Lynne M. Lang Accounting & Business Services Company and serves as Anacortes School Board Director, an elected position charged with forming strategic connections between the school system and businesses, par-

ents and other community stakeholders.

In addition, Lang has served as Comptroller of the City of Oak Harbor and has held positions with two financial services companies and two regional hospitals. She has a 30-year record of volunteer service and community involvement with organizations that include Hospice of the Northwest, Friends of Home Health Care, Anacortes School District, Fidalgo Island Rotary, Anacortes Chamber of Commerce, Soroptimist International of Anacortes and local youth sports activities.

Long-time residents of Oak Harbor, Lang and her husband, who was born in Anacortes, moved to this community 10 years ago. She says she is honored and delighted to be given the opportunity to serve on the Island Hospital Board of Commissioners. "I am looking forward to working with the other commissioners, administrators and staff of Island Hospital, as well as the citizens of our special community," she said.

# As I See It...

By Vince Oliver, IH Chief Executive Officer



It's always great to see spring arrive in the Pacific Northwest; there's no more beautiful region, especially when it's sunny and warm!

I am always delighted to see people out walking, running, cycling, working in their yards, playing team sports and participating in all of the activities of spring. As a hospital CEO who must deal each day with the cost of healthcare services, I know the importance of taking steps to stay healthy and catch problems early. We all can help keep our personal healthcare costs down with knowledge, wellness, activity and nutrition. It's very important to be as physically active as we possibly can. If you are not currently active, please check with your healthcare provider to see which activities – and at what level – are right for you. The health benefits of physical activity are well-documented.

The Island Hospital Community Education Program offers a wide variety of classes and screenings that can help participants gain topical knowledge and stay healthy. I encourage those in our community to take preventive steps to be healthy by utilizing our wellness programs. See this issue's Classes, Screenings and Support Groups section starting on page 14 or visit [www.islandhospital.org](http://www.islandhospital.org).

We are very excited to have recently expanded our sleep-medicine services to include pediatric sleep services. Island Hospital Sleep Wellness Center Medical Director Robert Reyna MD and his staff have devoted a great deal of time and effort to bring this valuable program to our community. Please see page 12 for details.

Lastly, I want to express my deep appreciation to Laurie Gere, who stepped down recently as Commissioner for the hospital district. Laurie's service has been nothing short of exceptional, helping to lead Island Hospital for the past 12 years. In that time the hospital has added state-of-the-art facilities and technologies, prospered in challenging times and improved our quality of care. Her record of community service and accomplishments is stellar. On behalf of the Island Hospital Board of Commissioners, Administration, Medical Staff and employees, thank you Laurie, for your gracious commitment to Island Hospital and our community.

I always encourage your comments, concerns and suggestions. Feel free to contact me at [voliver@islandhospital.org](mailto:voliver@islandhospital.org) or at (360) 299-1300 ext. 2411.

## Our Mission:

We will deliver quality, compassionate and personalized healthcare to the communities we serve.

### Island Hospital

(Skagit County Public Hospital District No. 2) is governed by a Board of Commissioners.

Correspondence to commissioners can be sent to:

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

POSITION 1  
*Jan Iversen*

POSITION 2  
*C.W. "Buzz" Ely MD (President)*

POSITION 3  
*Paul Maughan PhD*

POSITION 4  
*Lynne Lang PhD*

POSITION 5  
*A.J. "Chip" Bogosian MD*

### Heartbeats

is published by the Community Relations/ Education Department.

Comments or suggestions to:  
(360) 299-1310

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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.



Over the years, women have been much more attentive to health concerns; but that trend seems to be changing. All of us at Island Hospital urge you to know as much about your personal health as possible. Island offers a comprehensive wellness-program schedule, including classes, screenings, presentations and support groups. We hope that you will take advantage of these free and low-cost offerings to be as healthy as you can be. Please take care of yourself and treat symptoms as early as possible... and please keep your primary healthcare provider closely involved.

## Screening is the way to avoid colorectal cancer

Colorectal cancer (CRC), cancer of the large intestine, is a common condition for men and women. The National Cancer Institute expects 143,000 new cases to be diagnosed in 2013. Each year more than 50,000 people die from CRC.

Not everyone has the same chance of getting CRC. The risk increases with advancing age. That is why screening programs generally start at age 50. Men are at greater risk than women, as are those who smoke or are obese, sedentary or inactive. Having a family member with the disease (positive family history) significantly increases a person's chances of getting CRC.

Certain behavior can lower the risk of getting CRC. Exercise is one of the best protectors against cancer in general and CRC in particular. In fact, the more a person exercises, the greater the risk reduction. Risk is also reduced in people who eat a healthy diet, particularly one that is high in fiber, such as fruits and vegetables, and low in fat.

Screening tests are available for this disease. These have a different purpose than other types of cancer screening. The idea is not just to catch it early, since screening for CRC can actually prevent the disease. This is because CRC develops very slowly. It starts as a benign, non-cancerous polyp that slowly changes into cancer, usually over 10 to 20 years. A screening test that finds the polyp and removes it before it turns into cancer can actually prevent CRC. Unfortunately, most of the population do not get screened for CRC. Because of this, people continue to die from this preventable disease.

There are several screening tests available. The simplest is to check a stool specimen for small, nearly invisible amounts of blood with a chemical test. This is called fecal occult blood testing (FOBT). FOBT reduces deaths from CRC by about one-third if it is done every year. It is simple and convenient, but misses most cases of CRC and polyps.

By adding a test to actually look at the colon through a scope, screening becomes much more effective. *Flexible sigmoidoscopy* can be done in the doctor's office. It looks at the distal or end part of the colon and rectum. Although most colorectal cancers occur there, flexible sigmoidoscopy will miss any polyps or cancers that are beyond the reach of this shorter scope.

*Colonoscopy* is the best test to screen for CRC. It looks at the entire colon and rectum, and any abnormal spots can be removed (or biopsy taken) at the same time. It does require taking laxatives before the procedure to clean out the entire colon (a "bowel prep") so the doctor can see the lining of the large intestine. It is a more complex procedure that is usually done as an outpatient at the hospital.

*Barium enema* coats the lining of the colon and rectum with barium and x-rays are taken to show any lumps or bumps. This allows a more direct look at the colon. However, it is not as good at finding small spots as colonoscopy, still requires a bowel prep and is performed on an outpatient basis at the hospital.

Island Hospital encourages you to discuss colorectal cancer screening with your healthcare provider.

## Great cancer care a short boat ride away



**Rob McGregor at home in Friday Harbor.**

Octogenarian Rob Roy McGregor is as pleased as any 18-year-old to be a graduate. The Friday Harbor resident was diagnosed with non-Hodgkin's Lymphoma and underwent infusion therapy at Island Hospital in 2002, 2004 and 2006. In remission now for more than seven years, McGregor was told by his doctor at a semi-annual checkup in April 2012, that he would only have to return for monitoring once a year. "I guess you could say I graduated," he notes with satisfaction.

McGregor's infusion therapy took place prior to opening of the Merle Cancer Care Center, but he's been to the new facility and pronounced it "a pretty nice place – bright and spacious with many new features that make treatment more comfortable and less time consuming." Of his earlier treatment, he recalls that "Dorothy Engom (RN) and her gang were always welcoming and pleasant. They made the experience as good as it possibly could be," he said.

McGregor and his wife, Theodora, have always enjoyed traveling and now that he is healthier, the couple plans to travel to Sydney, Australia and cruise throughout Southeast Asia.

## Options expanding for treatment of prostate cancer

Prostate cancer, which develops in a gland in the male reproductive system, is typically found in men over 50 and is the second leading cause of cancer death in the U.S. But many men with the disease never have symptoms, undergo no treatment and eventually die of unrelated causes.

If you have been diagnosed with prostate cancer, treatment will generally take into account your age, other health conditions you may have, and the stage and grade of your cancer. In addition, its

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continued on Page 22

## Real men don't ignore signs of heart disease

Heart disease is the No.1 killer of men in the U.S. But according to a study by the Minnesota Heart Survey which tracks trends in cardiovascular illness, "Men are more likely to go to the doctor because they cut their finger with a hedge trimmer than they are to be evaluated for heart-related problems."

Men often develop and die from heart disease at a younger age than women because they tend to have higher blood pressure, higher cholesterol and are more likely to be smokers. Men are also not reliable seekers of medical care according to research which studied cases of people under 60, who died prematurely, sudden deaths. Nearly 96% of them were men and practically all had heart disease. All had had personal healthcare providers and medical insurance, but rarely, if ever, sought medical care.

If symptoms of heart disease are addressed early, then heart attacks -- which can cause permanent heart damage or sudden death -- can be avoided. By evaluating potential heart symptoms with appropriate diagnostic testing, such as stress tests and echocardiography, treatments can be initiated before any long-lasting damage occurs, allowing patients to live long, active lives.

The lesson here is: Know the symptoms

of heart disease (women's tend to be different) and call their doctor if they experience:

- A respiratory infection that lingers
- Fast heart rate or new irregular heart-beat
- Chest discomfort or feeling of fullness, tightness or heaviness, particularly with activity
- Difficulty breathing that is relieved by rest
- Changes in sleep patterns
- Decreased urination
- Restlessness or confusion
- Constant dizziness
- Swelling of the legs
- Nausea or poor appetite.

Call 911 if they experience:

- New chest discomfort that is unexpected, especially if it occurs with shortness of breath
- Fast heart rate
- Shortness of breath not relieved by rest
- Sudden weakness or paralysis in arms or legs
- Sudden, severe headache
- Loss of consciousness

## Cardiopulmonary Care Center staff

### Jan Priggee RN

With nearly 40 years of nursing experience behind her, Jan Priggee has managed Critical Care units in Chicago, IL hospitals and worked at the Heart Institute of Spokane, WA in the Research and Electrophysiology departments. She joined the Island Hospital staff in 2001, spending seven years in the Intensive Care Unit before coming to the Cardiopulmonary Care Center (CCC) five years ago. Priggee enjoys athletics and, as cardiology-related nursing has been the focus of much of her career, she enjoys being part of the Rehab team at Island Hospital.

### Molly Johnson BS, MEd

An exercise specialist who has been with the CCC for three years, Molly Johnson helps outpatients who have cardiac- or pulmonary-related conditions return to active, productive lives. She has a Bachelor of Science degree from the University of New Mexico, Albuquerque, NM and a Masters in Education degree from the University of Arizona, Tempe, AZ. She values exercise and believes that the human body -- like all machines -- must be run.

### Sarah Edwards CRT, RRT, CPFT

Sarah Edwards was born and raised in Colorado where she received her education and training in Respiratory Therapy. She came to the Pacific Northwest with her husband, who is stationed at NAS Whidbey Island, and worked for two years as a Respiratory Therapist at Island Hospital before joining the Cardiopulmonary Rehab program.

### Bo Gillentine

As scheduler/coordinator Bo Gillentine obtains referrals, insurance authorizations and makes appointments for participants in the dual rehabilitation programs at Island Hospital. A Burlington, WA native and a Navy spouse, she worked in healthcare facilities in Mississippi before returning to this area. She joined Island Hospital three years ago and began work at the CCC department last year.

## You're not alone, we can help

The Cardiopulmonary Care Center at Island Hospital provides rehabilitation programs for those who have heart or lung disease. Services are offered throughout the year and include one-on-one support by specially trained professionals and a modern, fully equipped gym to improve physical health and well-being.

Increased use of the Center over its first ten years necessitated a complete renovation in 2013 that included expansion and the addition of state-of-the-art exercise equipment and technology. The program typically runs five, three-month exercise and education classes of approximately 10 participants each. Graduates of the program can choose to continue exercising at the facility for an additional six-month period for a nominal fee.



*Cardiopulmonary Care Center staff in their newly renovated gym are (from left) Sarah Edwards RT, RRT, CPFT; Jan Priggee RN; Bo Gillentine; Ilima Shaw PT (Director); and Molly Johnson BS, MEd.*

continued on Page 22

## TeleStroke Program improves stroke treatment response

Since 2011, stroke patients arriving at the Island Hospital Emergency Department (ED) have benefited from a partnership with the Swedish Neuroscience Institute that can save precious minutes and improve the opportunity for recovery. The TeleStroke Program links the Island ED with Swedish Medical Center's renowned stroke experts 24 hours a day via real-time video-conferencing technology.

TeleStroke was developed to serve those living in rural and underserved urban areas where patients may miss the critical window of opportunity due to transportation and limited access to neurologists. Telestroke is recommended by the American Stroke Association for those instances in which a neurologist is not physically able to evaluate and diagnose the patient in the appropriate treatment window.

### Local connection

Little did Island Hospital Commissioner Chip Bogosian MD realize how TeleStroke would affect him when he was encouraging hospital administration to bring the program here. As a 30-year anesthesiologist at Swedish, the Guemes Island resident knew how valuable TeleStroke would be for his community.

"I never thought it would be me in that bed and my vital signs being displayed for a Swedish neurologist to diagnose," said Dr. Bogosian. "I had a stroke and here I was in the Island Hospital Emergency Department receiving great care via TeleStroke! I am very pleased that we have this upgraded capability to handle stroke patients."



*Sharing a moment around the TeleStroke station in the Island Hospital Emergency Department are (from left) Emergency Services Director Greg Barley RN, Stephanie Canapo RN and Commissioner Chip Bogosian MD. Dr. Bogosian urged Island to bring the program here, was a patient months later.*

But Dr. Bogosian doesn't rest on the fact that TeleStroke is available, "I really want to bring home the point of how important it is to recognize symptoms of stroke and then act, FAST! Time is your enemy when helping a loved one who may be suffering a stroke; please, please learn these symptoms and call 911 if they appear." (Please see adjacent article *Think F-A-S-T!*)

For more information about TeleStroke, visit [www.swedish.org](http://www.swedish.org) or specifically, [www.swedish.org/Services/Neuroscience-Institute/Neuroscience-Services/Telestroke](http://www.swedish.org/Services/Neuroscience-Institute/Neuroscience-Services/Telestroke).

### Think F-A-S-T!

To help someone who may be having a stroke, do these simple tests:

- **FACE** - Ask the person to smile. Does one side of the face droop?
- **ARMS** - Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH** - Ask the person to repeat a simple sentence. Are their words slurred?
- **TIME** - React quickly, if the person shows any of these symptoms, call 911 immediately!

## Blood Pressure Checks

Every Wednesday!

**FREE**

9 a.m. - noon

Island Health Resource Center

Call 299-1309

for more information.

## Titleist golf-fitness program offered

By Malcolm McPhee  
Physical Therapist

Do you love to golf? Did you know that 70% of golfers play with pain due to physical limitations and faulty swing mechanics? An efficient and repeatable golf swing requires a balance of strength and flexibility through the entire kinetic chain.



Recent research sheds light on the fundamental movements that are required to achieve that consistent and pain-free swing we all dream about. The *Titleist Performance Institute* has developed a physical screening process based on the common movement patterns of hundreds of touring pros and thousands of recreational golfers. Using this information we can quickly and easily isolate areas of dysfunction.

As an Island Hospital physical therapist

continued on Page 7



## No surprise, smoking is top risk factor in lung cancer among men

Although new treatments have improved chances of surviving lung cancer, according to the National Cancer Institute, more than 200,000 new cases of the disease are diagnosed in the U.S. each year. Of those, 160,000 will die, and for reasons which are not fully understood, the odds for survival are particularly slim among men.

One reason for the higher mortality rates among men with lung cancer may be that a higher percentage have smoked in their lives. In fact, research confirms that more than 90% of the types of lung cancer more common in men than in women are the result of smoking.

In spite of being the leader in cancer deaths each year, lung cancer has been

shown to be one of the most preventable. Here are steps you can take to reduce your risk of contracting this disease:

**If you currently smoke, STOP!** Studies show that those who quit before age 50 cut their risk of dying from lung cancer over the next 15 years. But kicking the habit isn't easy because the nicotine in tobacco products is highly addictive. See your doctor to understand your options and map out a plan to quit. If you are interested in a smoking-cessation program, please call the Cardiopulmonary Care Center at Island Hospital, (360) 299-4242.

**If you don't smoke, don't start.** Don't inhale secondhand smoke by avoiding places where people smoke heavily. Encourage smokers to light up outside only.

**Avoid exposure to Radon.** Radon is a radioactive gas that can increase your risk of developing lung cancer and can enter and build up in homes. Have your home tested for Radon to prevent exposure to this gas.

**Avoid workplace or other exposure** to substances that have been linked to lung cancer including:

- Asbestos
- Arsenic
- Chromium
- Nickel
- Tar and soot

**Be aware that a family history** of lung cancer can increase your risk of developing the disease. For more information visit [www.lung.org](http://www.lung.org) or [www.cancer.org](http://www.cancer.org).

## Diabetes

Diabetes is a group of diseases characterized by high blood-glucose levels that result from defects in the body's ability to produce and/or use insulin. According to the Centers for Disease Control (CDC), diabetes is the sixth leading cause of death for men in the U.S. The disease can go undiagnosed because many of its symptoms can seem harmless.

There are two common types of diabetes for men:

### Type 1 diabetes

Type 1 diabetes is usually diagnosed in children and young adults and is a result of the body not producing insulin. Symptoms include:

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### Type 2 diabetes

Type 2 diabetes is the most common among millions in the U.S. already diagnosed and many more unaware they are at high risk. Symptoms include:

- Any of the type 1 symptoms



Mary Clark RD, CDE, Diabetes Educator

- Frequent infections
- Blurred vision
- Cuts or bruises that are slow to heal
- Tingling or numbness in the hands and/or feet

If you have any of these symptoms, please see your physician.

### Diabetes support at Island Hospital

Diabetes Education at Island Hospital can help people live better with diabetes and support them 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.

For information or help with the required physician referral, call (360) 588-2083.

## continued from Page 6

and Titleist Performance Institute certified golf-fitness instructor, I am excited to share this knowledge with golfers in this community. Once your physical limitations are identified, I can teach you specific exercises to address them.

If you have shoulder, back, hip, or leg pain that either prevents or limits your ability to play golf, we can work together to fix the problem and get you back on the course. You will need a referral for physical therapy from your primary-care provider in order to bill your insurance company. You can also pay out-of-pocket if you are seeking to improve golf performance without a medical concern.

Regardless of your skill level or state of physical fitness, this program can help you enjoy a more consistent and pain-free golf experience. Please contact Physical, Occupational & Speech Therapy at Island Hospital at (360) 299-1328 or [mdmcphee@islandhospital.org](mailto:mdmcphee@islandhospital.org) for information.

I will also be providing a free presentation at Similk Beach Golf Course on June 15 at 1 p.m. No reservations are required for the Similk presentation.

## Employee service recognized at annual event

More than 800 years of service to Island Hospital was recognized at the 11th Annual Employee Recognition Dinner in May. Employees honored for their contributions to the hospital included 2012 Employees of the Month, Employee of the Year and Management Leadership Award. Jeanie Arneson and Bojan Kuure RN are the first employees in the history of Island Hospital to receive 40-year honors.

\* Note: This event was held after Heartbeats went to press; please visit [www.islandhospital.org](http://www.islandhospital.org) to read about the Employee of the Year and Management Leadership Award selections.



Bojan Kuure RN (second from left) and Jeanie Arneson (right) receive flowers in honor of reaching 40 years of employment -- in late 2012 -- at Island Hospital. Celebrating their achievements are Chief Nursing Officer Lois Pate RN (left) and Chief Executive Officer Vince Oliver.

### 5 Years

Aubre Adams LICSW  
Tammy Akard RT  
Darwin Anderson  
Cindy Anderson CPA  
Heather Arps  
Joseph Bach  
Courtney Ballandby  
Darlene Barrailler RN  
Carol Bear RN  
Paul Birch  
Kessa Boller RN  
Bonnie Bowman RN  
Hope Campbell MT

### 2012 Employees of the Month

January – Alisha Kleindel MS, CCC-SLP  
February – Laura James RN  
March – Kimber Carpenter  
April – Nan Parnell  
May – Sharon Jones  
June – Chris Childs CMLA  
July – Kristin Rogers PharmD  
August – Sheryl Robinson RN  
September – Helen Whitley CNA  
October – Kim Norman  
November – Stacie Paquette RN  
December – Bill Walker

Jeanne Chudy RN  
Traci Cole RN  
Kathryn DeMaris CNA  
Janelle Dent  
JoAnn Fain MT  
Carolina Finn RN  
Nancy Fowler RN  
Becky Fox RT  
Carrie Gibson RN  
Terry Halemba  
Kathleen Hartzell  
Kathleen Horr RN  
Pamela Johnston RN  
Susan Jordan PA-C  
Keith Knott RN  
Melissa Kube  
Grant Lee RT (R)  
Patricia Martin CNA  
Kari Martin  
Kimberlee Metz CNA  
Mary Neumann RN  
Janice Nieboer RN  
Stacie Paquette RN  
Patty Pedersen  
Sara Piccone  
Brenda Schindwein

Barbara Shipman  
Bernadette Stanek  
Suzanne Staum LMHC, NCC  
Bonnie Venditto RN  
Richard Welch  
Traci Wisdom

Kelly Moore RN  
Reiko Nystrom MPT  
Joanna Pattison RN  
Theresa Schlegel PTA  
Robert Wilson MD

### 10 Years

Christy Blouin  
Robert Booth RN  
Pamela Brown RN  
Kris Carroll RT (R)(CT)  
Stacy Conley RN  
Violeta Green CNA  
Claudia Havercroft RN  
Jean Houston  
Clarita Jacobs  
Peggy Larsen  
Sharon Lewis RT (R)(M)  
Shawn Mitcham  
Julia Pingree  
Stephen Ziegler

### 15 Years

Jim Brown  
Tonja Dunton RN  
Sheryl Killo MPT

### 20 Years

Marcee Aahl RN  
Meredith King PBT (ASCP)  
Nina Mead  
Alyn Paffie RN  
Linda Seger RN  
Anita Thewes RN  
Erlinda Zuniga MT

### 25 Years

Angelita Abueg  
Asuncion Epilepsia RN  
Carol Kirby MT  
Kathleen McDermott

### 30 Years

Misoni Tobey RN

### 40 Years

Jeanie Arneson  
Bojan Kuure RN



Volunteers at Island Hospital are extra-special and recognized by the entire hospital family for their exceptional contributions to services delivered here. Our Volunteers work tirelessly, take required training courses and joyfully uphold the Island Hospital Promise. In 2012, 126 Volunteers contributed nearly 16,000 hours of service which, in monetary terms, represent a huge donation to support healthcare in our community. In all, those listed here have given more than 110,000 hours of Volunteer service. In fact, these compiled figures are very likely below actual numbers since it's well-known that more than 20% of Volunteer hours go unrecorded.

## **Up to 99 Hours**

Doris Aitkin  
 Donna Anderson  
 Sara Arnett  
 Jeanne Belanger  
 Patti Bjarnason  
 Michele Brechlin  
 Danette Carroll  
 Esther Chang  
 Elizabeth Cope  
 Violet Critchley  
 Margaret Crosgrove  
 Robert Cummings  
 Joan Fossum  
 Karin Gandini  
 Derek Gannon  
 Jean Garner  
 Theodore Gross  
 Pegi Groundwater  
 Laura Hamel  
 Margaret Hillard  
 Marla Hovey  
 Bette Huff  
 Merilee Huffman  
 Terry Kratzer  
 Christopher Kube  
 Shirley Lewandowski  
 Jeri Liggitt  
 Lindsey Loving  
 Lisa Lyons  
 Brigida McCollum  
 Robert McGary  
 Brooke McKinley  
 Vicki Meyer  
 Kathy Morgan  
 Michael Moss  
 Kim Padgett  
 Betty Phillips  
 Richard Rohweder  
 Roslyn Seville  
 Karen Toedte  
 Carla van Rooyen  
 Lily Van Wey  
 Jean Vaughan  
 Kevin Xue  
 Aliya Zaheer

## **100 Hours**

Chris Anderson  
 William Harpham

Sharon Horak  
 Carrollei Lamoureux  
 Margo Perry  
 Erin Soucy  
 Sarah Tobien  
 Patricia Van Skyhawk  
 Margaret Wilson

## **200 Hours**

Martha Bufkin  
 Claudia Dillman  
 Dixon Elder  
 Doug Fakkema  
 Jerry Hann  
 Joanne Liantonio  
 Lisa Mealey  
 Floy Ann Montee  
 Terry Oliver

## **300 Hours**

Barbara Allan  
 Julie Edwards  
 Lynne Hann  
 Rich Horak  
 Peggy Insull  
 Carolyn Kloke  
 Ashleigh Neitzel

## **400 Hours**

Robert Crovella  
 Jo Fuqua  
 Ann Huston  
 Mac Langford  
 Wendy Patterson  
 Lorraine Smith  
 James Thomas

## **500 Hours**

Pam Birchfield  
 Anna Rosenthal

## **600 Hours**

Mike Jackets  
 Carol Withrow

## **700 Hours**

Donnalee Acosta  
 Ed Mazur

## **800 Hours**

Ginny Brightwell

MaryEllen Dorsey  
 Anne Jackets  
 Nancy Rota  
 Shirley Smith

## **900 Hours**

Joan Hallenbeck  
 Sally Kilpatrick  
 Betsy Rogers  
 Jack Withrow

## **1,000 Hours**

Shellie Bogosian  
 Diane Groves

## **1,100 Hours**

John Insull  
 Judy Matye  
 Karen Maughan  
 Brian McKee  
 Diane Ramerman  
 Pat Weeth

## **1,200 Hours**

Mimi Chambers  
 LouAnn Curtis  
 Madeline Rose

## **1,300 Hours**

Diane Crawford  
 Ann Giboney  
 Barbara Kiver

## **1,400 Hours**

Glenda Bolicek  
 Jack Dunphy

## **1,500 Hours**

Peter Dowden  
 Louise Kelly  
 Austin Schafer  
 Curt Van Hying

## **1,700 Hours**

Penny Rustad

## **1,800 Hours**

Gail Koller

## **1,900 Hours**

Win Stocker



## **2,000 Hours**

Betty Adams  
 Ralph Scott

## **2,100 Hours**

Jeri Strom

## **2,300 Hours**

Laurie Mueller

## **3,000 Hours**

Nancy Husted

## **3,100 Hours**

Betty Anne Ely

## **3,400 Hours**

Pat Bell

## **6,000 Hours**

Elaine Oliphant

## **6,500 Hours**

Craig Smith

## **8,500 Hours**

Marge Sargent

## **14,000 Hours**

Kydie McKee

## Island Internal welcomes physicians Helen Young, Yvonne Naughton

Two new physicians have joined the staff of Island Internal Medicine, expanding services and accessibility for local patients:

### Dr. Helen Y. Young



Helen Y. Young MB, PhD will begin seeing patients in June. Dr. Young received a Bachelor of Medicine degree (MD equivalent) from Capital University of Medical Sciences, Beijing, China and is certified by the Education Commission for Foreign Medical Graduates (ECFMG). She did graduate-level study in Chemistry at Temple University, Philadelphia, PA and at Thomas Jefferson University,

Philadelphia, in Pharmacology and Molecular Biology. She earned a PhD degree in Biochemistry from the University of Minnesota, Minneapolis, MN, where she also served an Internal Medicine Residency and a Post-Doctoral Research Fellowship.

Prior to joining Island Internal Medicine, Dr. Young worked as a Hospitalist at Regency Hospital, Minneapolis, as an Internal Medicine Primary Care specialist at Park Nicollet Health Services, St. Louis Park, MN and at HealthPartners Clinics, Bloomington, MN.

Dr. Young served as an Internal Medicine resident physician at Beijing Fuxing Hospital, Beijing. Fluent in English and Mandarin Chinese, she also has worked as a volunteer physician with Global Medical Brigade, with University of Washington undergraduates in Darien, Panama and at the Minnesota Chinese Health Center, where she also acted as medical director.

### Dr. Yvonne C. Naughton



Yvonne C. Naughton MB, BAO, BCh, is a graduate of the Trinity College School of Medicine, Dublin, Ireland and is certified by the Education Commission for Foreign Medical Graduates. She expects to be Board certified in Pediatrics in October 2013 and is currently seeing patients at the La Conner office of Island Internal Medicine.

Dr. Naughton served Internships in Cardiology/Respiratory Medicine at Tallaght Hospital, Dublin and in Colorectal/Plastic Surgery at St. James Hospital, Dublin. She was a Senior House Officer in the Pediatric Accident and Emergency Department of Children's University Hospital, Dublin and served a Pediatric Residency at the University of Arizona, Tucson, AZ. Prior to joining Island Internal Medicine, Dr. Naughton was with Skagit Pediatrics in Mount Vernon.

Dr. Naughton has participated in medical missions to provide cardiology services to patients in underserved areas of Panama and in adult and pediatric cardiology clinics which serve the Navaho Reservation under the auspices of the Arizona Native American Cardiology Department. She and her husband, David, who is also a physician with Island Internal Medicine, plan to continue work with international medical outreach organizations. The couple and their two children enjoy activities such as camping, hiking, fishing and attending music festivals.

For appointments contact Island Internal Medicine in Anacortes at (360) 293-4343, or in La Connor, (360) 466-3136.

## Birth Center veteran lauds care

Becky Bean RNC-OB, former Coordinator of the Thomas P. Brooks MD Birth Center at Island Hospital has pretty much seen it all – from delivery of babies by moms she helped bring into the world, to fathers who passed out in the delivery room.

"In a small town like Anacortes, it's not uncommon for a newborn's parents and even grandparents to have been born at Island Hospital," said Bean, who retired in March after 32 years of service at the IH Birth Center.

Three decades ago, according to Bean, there was only one nurse assigned to each labor and delivery room. "That meant that you not only had to care for the mother, but keep an eye on the father if he chose to be there for the birth," she said. "I never lost a father, but sometimes they'd go down like rocks during the delivery. If I saw one go pale and shaky, I'd try to ease him into a



### Becky Bean RNC-OB in photo to promote the Birth Center.

chair. But, of course, my main focus was the mother and baby."

Bean and her husband are just now beginning to enjoy her well-earned retirement, but she says she is glad to have spent the greater part of her career at Island Hospital. "I never considered going anywhere else because I was proud of the personal care that the medical and nursing staffs provided at the Birth Center," she said. "Patients came here from all over this region for that care. They still do. We call it the human touch."

## Vera Mudge RN 1921 - 2012

Vera Mudge RN, Island Hospital's first Director of Nursing, passed away on April 9.

"Vera was the person who established and modeled the nursing standards that are still being followed to this day," wrote the hospital's first Administrator Tasker Robinette, who was determined to bring in the very best patient-care staff. Mrs. Mudge was one of the first employees hired by Robinette.

She retired from healthcare management in 1983 as Administrator of Mercer Island Villa Care Convalescent Center.



**Reduce  
Reuse  
Recycle**

## Geoffrey Godfrey MSN joins IH Center for Pain Management



Bringing extensive training and experience in pain management, palliative and other high-risk patient care, Geoffrey L. Godfrey MSN, FNP-BC has joined the Center for Pain Management and Supportive Care at Island Hospital.

Previously, Godfrey served as President of Strategic Pain Solutions and as a nurse practitioner consultant for several physician practices in Arizona, where he also was Director of Clinical Science and Research at OPC Pharmacy. He has worked as a pain

management nurse practitioner and a palliative care specialist at The Pain Center, Phoenix, AZ and at St. Joseph's Hospital, where he developed and led a cohesive, multi-specialty program for care of patients in acute pain and those facing end-of-life issues. He also worked and provided training as a Family Nurse Practitioner at several Phoenix-area medical practices.

Godfrey earned a Bachelor of Science and a Masters degree in Nursing leading to accreditation as a Nurse Practitioner from the University of Phoenix. He holds accreditations as a Family Nurse Practitioner and as a Trauma and Critical Care Nurse specialist.

His affiliations include the Emergency Nurses Association, the American Academy of Pain Management and the American Academy of Nurse Practitioners.

In addition to his work as a clinician, Godfrey has taught courses at Grand Canyon University, Phoenix and Gateway Community College. He also is the author of research and several publications on alternative therapies in patient care.

The Center for Pain Management and Supportive Care at Island Hospital is located in the Medical Arts Building. For more information, call (360) 299-4200.

## Center for Aesthetic Surgery welcomes Katelyn Jones

Katelyn J. Jones CMA, has joined the staff of the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital. As Patient Consultant she assists



David Slepyan MD by holding initial meetings with patients and guiding them through the process of their treatment and procedures.

Jones received a diploma in Medical Assisting from Everest College, Everett, WA. She has worked as a Certified Medical Assistant with Northwest Orthopaedic Surgeons, Mount Vernon and with Skagit Regional Health's Podiatry/Orthopaedics program in Mount Vernon. She also served an internship with Island Internal Medicine, Anacortes, where she honed her skills in providing patient service and care.

The Center for Aesthetic, Reconstructive & Hand Surgery is located at 2511 M Avenue, Suite C, Anacortes. For appointments or information, call (360) 588-2081, or visit [www.ihplasticsurgery.com](http://www.ihplasticsurgery.com).

## IH Staff earn HFMA certification



*Four Island Hospital employees have earned certification as Revenue Cycle Representatives from the Healthcare Financial Management Association (HFMA). As healthcare rules become more complex, revenue-cycle staff must have a broader understanding of the entire revenue cycle and how it influences the financial outcomes of the hospital. This certification is a means to provide a body of knowledge necessary to meet these demands. Earning this certification are (from left) Director of the Business Office Paula Fors, Revenue Cycle Analyst Krystal Guzman, Director of Revenue Cycle Improvement Kay Steiner and Director of Finance Cindy Anderson CPA.*



# Sleep Wellness Center offers children's treatment programs

**T**he Sleep Wellness Center at Island Hospital has extended its services to accommodate pediatric patients and their families. The new focus comes after the Center earned accreditation from the American Academy of Sleep Medicine (AASM) and was named a Center of Excellence by the Washington State Health Care Authority (HCA) in 2012.

At that time, Robert Reyna MD, Medical Director of the IH Sleep Center, acknowledged that AASM accreditation and designation as a "preferred provider" by the HCA opened the door to establish a sleep-medicine program for children. Today the Center has several pediatric patients whose sleep studies are administered by registered technicians who have undergone age-specific training that prepares them to address the specific needs of children from toddlers to teens. Treatment is overseen by Dr. Reyna, who is board certified both in sleep medicine and in pediatric medicine.

"Working with children and their parents has been of great interest and is personally gratifying," said Dr. Reyna. The evaluation and treatment of pediatric behavior and learning problems should include an assessment of the child's sleep to assure the best chance for treatment success. It is exciting to see how much progress some of our young patients can make in just a short time in treatment." A patient room at the IH Sleep Center has been designated for pediatric patients and is arranged to accommodate



the age and individual requirements of children and parents. The sleep lab is equipped with technologies and equipment specially devised to diagnose and help treat pediatric sleep disorders. Space is allocated so a parent can remain with the child patient during the sleep study.

## AASM Accreditation

Since 1997, the AASM has set the standards by which the medical community, health insurers and the public evaluate sleep-medicine facilities. To earn accreditation, the IH Sleep Wellness Center satisfied requirements and met comprehensive quality standards for the diagnosis and management of sleep disorders. Accreditation benchmarks include establishing a definite

continuum of care that leads to good outcomes – from conducting thorough and intensive sleep studies, to working with patients to ensure that procedures and equipment improve their condition and quality of life.

## Center of Excellence

HCA named the Island Hospital Sleep Wellness Center as a Center of Excellence, conferring preferred provider status on the facility and creating opportunities to expand the sleep-medicine program and provide services to a broader range of patients.

**For more information, call (360) 299-8676 or visit [www.islandhospital.org](http://www.islandhospital.org). The Sleep Wellness Center at Island Hospital is located at 1110 22nd St., Anacortes.**

## Does your child have a sleep disorder?

*"Unlike adults, children experience different sleep patterns at different developmental stages." - Dr. Reyna*

**F**or adults, the lack of quality sleep can have serious health, workplace and quality-of-life implications. But for children, sleep disorders can give rise not only to health problems, but to academic, behavioral, developmental, and social difficulties. And as any parent who has spent a night awake with a sleepless child knows, such a disorder can cause severe disruptions of family life.

Sleep disorders are common in children and while they may experience problems similar to those of adults, there are important differences according to Robert Reyna MD, Medical Director of the Sleep Wellness Center at Island Hospital.

"Defining disordered sleep in children can be challenging," said Dr. Reyna. "Unlike adults, children experience different sleep patterns at different developmental stages. A three-month old infant who wakes frequently in the night would not be considered abnormal, but in a three-year old child, the same

behavior might raise concerns."

Dr. Reyna added that determining whether a child has a sleep disorder may differ with family situations. What one family considers to be within the bounds of normal sleep behavior, another set of parents and siblings might find intolerable.

According to recent studies, sleep disorders, which are often due to temporary or ongoing medical problems, occur in as many as 25 to 30 percent of infants and children. Parents who are concerned that their child may have a sleep disorder may identify the following symptoms:

- Snoring
- Breathing difficulties while sleeping (apnea)
- Bedtime refusal
- Insomnia
- Sleepwalking
- Sleep terrors, nightmares or nighttime fears

- Excessive daytime sleepiness, irritability
- Bedwetting
- Difficulty falling or remaining asleep
- Mood, behavior or school performance problems
- Restless leg syndrome

If parents and the family's primary-care doctor feel a child is suffering from a sleep disorder, a next step may be to schedule a sleep study. At Island Hospital's Sleep Wellness Center, specially trained physicians and staff will take a thorough patient history, perform a physical examination and evaluate the child's symptoms fully. If an overnight study is recommended, every effort is made to ensure the child's and parents' trust and comfort. Further treatment will depend on a diagnosis based on this study, coupled with an evaluation of the child's medical issues, school and family life.



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

**Robert Reyna MD**, Medical Director of the Island Hospital Sleep Wellness Center (SWC), offers broad experience to provide expanded sleep-medicine care for patients by increasing awareness of the impact of sleep disorders on health, and the importance of a good night's rest to overall well being.

Dr. Reyna earned his MD from the University of California, San Diego, CA and completed a residency in pediatrics at Cedar-Sinai Medical Center, Los Angeles, CA. Prior to joining the SWC, Dr. Reyna served as Medical Director at the Sleep Center of Nevada in Las Vegas. Dr. Reyna also developed sleep services for a large Southern California-based HMO where he also served as Medical Director for Sleep Services.

Dr. Reyna is a Diplomat of the American Board of Sleep Medicine, a Fellow of the American Academy of Pediatrics and ABMS Subspecialty Certified in Sleep Medicine.



**Pediatric sleep studies are performed at the Island Hospital Sleep Wellness Center, in a comfortable facility built specifically for this purpose. The child patient can enjoy the comforts of home before sleeping and a parent is allowed to stay overnight.**



# Health & Wellness

## Classes, Screenings & Support Groups

Prepayment is required.

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

### THREE EASY OPTIONS FOR REGISTRATION



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



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



Call (360) 299-4204

## Classes

### ADVANCE HEALTHCARE DIRECTIVES

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

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

When: Monday, July 22, 10 – 11 a.m.

Where: Fidalgo Room

Cost: FREE

### BIRTH AND BEYOND

#### Choices in Childbirth

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

When: Thursdays, 6 – 8:30 p.m.

July 11 – Aug. 22 (no July 18)

Sept. 5 – Oct. 10

Nov. 7 – Dec. 19 (no Nov. 28)

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., 10 a.m. – 6 p.m.

July 13 & 14

Sept. 7 & 8

Nov. 2 & 3

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, June 3, 5 – 6:30 p.m.

Monday, Aug. 26, 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

#### Fit 4 Baby **NEW!**

This eight-week program is designed to strengthen the body for all of the changes it will experience during pregnancy. These classes include cardio, strength, flexibility and balance training primarily outdoors. Suitable for all stages of pregnancy and fitness levels. Doctor approval required prior to first class and class is for moms only. Please wear clothing and shoes appropriate for working out.

When: Tuesdays, June 11 – July 30, 6:30 – 7:30 p.m.

Where: Island Hospital Main Entrance (24th St.)

Cost: \$79

Instructor: Certified Pre- and Post-Natal Instructor

#### 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. Questions, call 299-1309.

When: Thursday, June 13, 3 – 5 p.m.

Thursday, Sept. 12, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

#### 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, June 19, 4 – 5 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Michelle Bottorff

### CANCER CARE RESOURCES

#### Art & Healing Group

Use art to help heal your mind, body and spirit by releasing stress and negative thoughts while maximizing your mind-body connection. Cancer patients and their caretakers are welcome. No art experience necessary.

When: 1st & 3rd Thursday of each month, 1 – 3 p.m.

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Registration: 299-4200

#### 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.



# Classes, Screenings & Support Groups

When: 3rd Monday of each month, 1 – 3 p.m.  
Where: Merle Cancer Care Center Conference Room  
Cost: FREE  
Registration: 299-4200

## CARDIOPULMONARY CARE CENTER

### 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: Thursdays & Fridays  
July 11 & 12, 9 a.m. – 1 p.m.  
Aug. 8 & 9, 9 a.m. – 1 p.m.  
Where: Fidalgo/Burrows Rooms  
Cost: \$12 AARP members, \$14 non-members  
Instructor: Jack Porter

## HEALTH INSURANCE & SOCIAL SECURITY

### Social Security 101

Learn about retirement benefits, eligibility and how to get the most from your benefits. Also included will be information on early retirement's effects on your benefits, survivor benefits, Medicare, disability, spouse benefits and what the future holds for the agency.

Kirk Larson is Western Washington's Public Affairs Specialist for the Social Security Administration.

When: Tuesday, June 11, 10 – 11:30 a.m.  
Where: Fidalgo/Burrows Rooms  
Cost: FREE  
Instructor: Kirk Larson

### Medicare 101: Understanding Your Medicare Choices

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

When: Mondays, 1 – 2:30 p.m.  
July 15  
Aug. 19  
Sept. 16

Where: Fidalgo Room  
Cost: FREE  
Instructor: SHIBA Volunteer

## 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 and Suzie

DuPuis is a Registered Dietician at Island Hospital  
When: Wednesday, June 26, 2 – 4 p.m.  
Where: Fidalgo/Burrows Rooms

Cost: \$10  
Instructor: Virgeen Stilwill DPT & Suzie DuPuis RD

## 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: Tuesday, July 23, 1 – 2:30 p.m.  
Tuesday, Sept. 17, 1 – 2:30 p.m.

Where: Fidalgo Room  
Cost: FREE  
Instructor: Island Hospital Physical & Occupational Therapists

## 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, July 30, 2 – 4 p.m.  
Where: Fidalgo/Burrows Rooms  
Cost: \$10  
Instructor: Amy Harrington PT

## SELF-CARE

### Meditation for Everyday Living



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

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

When: Tuesdays, June 11 – 25, 1 – 3 p.m.  
Tuesdays, July 9 – 23, 6:30 – 8:30 p.m.  
Where: Fidalgo Room  
Cost: \$48  
Instructor: Jan Hodgman MA



# Classes, Screenings & Support Groups

## Essential Oil Remedies: Stress Relief



Learn to make and use essential oils to help relieve stress naturally. Oils include lavender, chamomile, rose, bergamot, etc. Make your own blend to take home.

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

Sound area Co-ops and schools since 2004.

*When: Tuesday, June 18, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20, includes supplies*

*Instructor: Michelle Mahler*

## Lose Weight Without “Dieting”

**NEW!**



Discover how a “lifestyle diet” can help you lose weight without feeling hungry or deprived. Learn about portion size versus serving size and what foods need portion control and why. Includes handouts to keep you on track as you put into

practice what you have learned.

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

*When: Tuesday, June 25, 6 – 8 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Sharon Swan*

## The Good, Bad and Ugly of Cholesterol

**NEW!**

Exercise, a healthy diet and medications are all ways to help control your high cholesterol. Learn about different types of lipids, the new guidelines and ways to lower your levels. Knowing how to lower your cholesterol can decrease your risk of a heart attack or stroke.

*When: Thursday, July 25, 2 – 3 p.m.*

*Where: Fidalgo/Burrows Room*

*Cost: FREE*

*Instructor: Erin Rieger ARNP*

## Wellness with Essential Oils

Have you ever wondered how to buy, store, use and blend essential oils? In this class, you will smell, mix and test several recipes with a blend to take home. Includes handouts and recipes.

See “Essential Oil Remedies: Stress Relief” for instructor’s information.

*When: Wednesday, Aug. 7, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20, includes supplies*

*Instructor: Michelle Mahler*

## Good Fat, Bad Fat

Do we need fat in our diets? What is the difference between all the different types of fats? Which are best to use in cooking? Get these answers plus more during this informative class! See “Lose Weight Without ‘Dieting’” for instructor’s information.

*When: Tuesday, Aug. 20, 6 – 8 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Sharon Swan*

## Essential Oil Remedies: Nature’s Cleaners and Germ Fighters

Create and learn about safe and effective natural cleaning products made from essential oils combined with products such as baking soda and vinegar. Each student will make a multi-purpose cleaning spray and a fizzing powder bathroom cleanser.

See “Essential Oil Remedies: Stress Relief” for instructor’s information.

*When: Wednesday, Sept. 11, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$20, includes supplies*

*Instructor: Michelle Mahler*

## 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, Sept. 18, 6 – 8 p.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Joan Cross PT, MPH, RC*

## 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, Sept. 25, 10 – 11:30 a.m.*

*Where: Fidalgo Room*

*Cost: FREE*

*Instructor: Alisha Kleindel MS, CCC-SLP*

## WEIGHT MANAGEMENT

### Overweight?

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

### Weight Watchers™

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

*When: Thursdays, 5pm (weigh-in 4:30pm)*

*Where: Island Hospital Cypress Room*

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

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

## OTHER RESOURCES

### HIV/AIDS Training for Licensure

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

### Island Prenatal Care Center

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

### Lifeline

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

REGISTRATION  
OPTIONS

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

# Classes, Screenings & Support Groups

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.

## Support Groups

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

### 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

### Partners of Women with Cancer

Fridays (now through June 28), Noon  
Merle Cancer Care Center at Island Hospital,  
Contact: Katie, (360) 299-4200

## ANACORTES SUPPORT GROUPS

### Alzheimer's Association - Caregivers

2nd & 3rd Monday, 1 p.m.  
Westminster Presbyterian Church  
1300 9th St. Anacortes  
Contact: Ann, (360) 299-9569

### 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 the  
**Island Hospital  
Foundation**

### Ongoing Blood Pressure Checks

Blood pressure indicates the health of your heart and blood vessels. Untreated, elevated blood pressure can result in stroke. Get your blood pressure checked regularly at one of the following locations:  
Island Health Resource Center:  
Every Wednesday, 9 a.m. – noon  
Anacortes Senior Activity Center:  
Last Tuesday of the month, 9 – 10:30 a.m.

### Sleep Apnea Screening

Do you feel tired during the day? Have you been told you snore? Meet with a Registered Polysomnographic Technologist to determine your risk of suffering from sleep apnea, a condition characterized by pauses in breathing or shallow breathing while sleeping, which can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes, as well as the risk of accidents while drowsy. Appointments are required!  
When: Tuesday, June 4, 10 a.m. – 2 p.m.  
Where: Island Hospital Sleep Wellness Center,  
1110 22nd St.  
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 medi-



TO SCHEDULE A  
SCREENING  
APPOINTMENT



Email communityed  
@islandhospital.org



Call (360) 299-4204

cations only. Your results will be sent to you in the mail.  
**No appointment required. First come, first served.**

When: Tuesday, July 9, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10

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, July 23, 9 – 11 a.m.

Tuesday, Sept. 10, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

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, July 30, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 299-1367

### Balance Screening

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

When: Tuesday, Aug. 6, 9 a.m. - noon

Where: Physical, Occupational & Speech Therapy  
at Island Hospital

Cost: FREE

Appointments: Leave message at 299-1367

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

3. Call (360) 299-4204

## Annual Gala of Hope celebrates a decade of giving

Taut, thrilling and effortlessly stylish, Ian Fleming's *Casino Royale* introduced super-spy James Bond six decades ago and created a legend that inspired books and movies for generations of enthusiasts. Borrowing from Bond, the Island Hospital Foundation's *Gala of Hope* created a classically sophisticated setting with more than a touch of drama for one special evening and raised more than \$240,000 to support quality healthcare in our community.

Celebrating its 10th year, the popular community event drew 290 generous guests. The Gala sponsors included signature sponsor Roe Family Facilities, gold sponsor Trident Seafoods, silver sponsor Dakota Creek Industries and bronze sponsors Lydig Construction, Skagit Radiology and Swinomish Casino & Lodge.

Gala guests enjoyed signature cocktails including the 007, the *Miss Moneypenney* and the *Le Chiffre* in the spacious lobby of the Swinomish Casino & Lodge before entering the dining room where two ice sculptures adorned both main bars. Inside the ballroom, tables decked in black with live orchid centerpieces, dramatically lit crystal columns and tall palms echoed the classical panache of *Casino Royale* and the excitement of a game already afoot.

Prior to enjoying a tempting meal, Gala guests were treated to the premiere viewing of *Anacortes Royale* or *How to raise \$200,000 with one roll of duct tape*. The 15-minute film chronicled the "kidnapping" of Island Hospital CEO Vince Oliver, who, according to a Bond-worthy villain, was being held for ransom pending the outcome of the evening's live auction. Through the community's efforts and generosity, the kidnapper was apprehended and Oliver was free to return to the Gala where, in spite of his "ordeal", he enjoyed the rest of the evening. The film's cast and production team included Anacortes public officials, IH employees, Gala committee members, community leaders and film students from Western Washington University.

The Gala's highly anticipated main event included auction items ranging from a three-day trip to the posh Cosmopolitan Resort in Las Vegas and an iconic Guemes Island weekend stay, to a Bond Girl Beauty package, an Olympic fly fishing trip for two and an opportunity to own lots of exceptional wines. As always, bidding for the sought-after items was spirited.



*Gala of Hope* Chairwoman Anne Smith (left) with IHF Board member Marilyn Stadler.

Other Gala favorites included the *Diamonds are Forever* raffle. Lucky winner Wendy Rabel took home a stunning piece of diamond jewelry valued at \$3,000 that was donated by Burton Jewelers. The Golden Medallion raffle was won by Anni Brogan, who chose the Lear Jet to King Estate Winery package, from 30 auction items. *Goldfinger Golf*, a simulated game with a top prize of \$100,000 to be split between a winner to be determined in further competition and the Island Hospital Foundation, was sponsored by Callaway Golf. The evening ended with music and dancing.

Patron table sponsors for the Gala were Gere-A-Deli, Island Hospital Administration, Shell Puget Sound Refinery, Skagit State Bank, Whidbey Island Bank and Upstage Boutique. Compass Wines contributed fine wine for each table of guests in honor of the special 10th Anniversary Gala of Hope.

continued on Page 19

## Heartstrings auction sets record

Each year, Gala of Hope guests have a new opportunity to focus their giving and fund special technologies, equipment and services that improve care for Island Hospital patients. The Heartstrings portion of the auction is always a highlight of the Gala evening. Joe Mulcahy MD, Island Surgeons, spoke at the event, demonstrating the need for an updated general surgery and urology tower. Following his

presentation, guests raised their paddles for more than \$100,000 in addition to more than \$12,000 already raised by Island Hospital staff through donations of PTO (paid time off) and cash. Together, \$113,000 was raised to cover the entire cost of purchasing this equipment. This total represents a record in Heartstrings giving in the Gala's 10-year history!

This tower assists physicians perform-

ing laparoscopic surgeries and regulates pressure inside the body. The machine can be used in surgeries across multiple specialties – most typically at Island Hospital for gallbladder, colon resections, anti-reflux and appendectomy procedures.

The current surgery tower is more than 10 years old and repair parts are becoming obsolete. Updated equipment will provide sharper, more precise images for surgeons while operating and lead to better outcomes.





*The Island Hospital Golf Classic returns to the plush and expertly maintained Skagit Golf & Country Club.*

## Golf Classic tees off Aug. 5

Mark your calendars for Monday, Aug. 5 and join friends and colleagues for the 12th Annual Island Hospital Golf Classic. This popular event sells out fast and is limited to just 144 players, so register today!

Again this year, the beautifully maintained Skagit Golf & Country Club will host the Classic, which features a full day of golf, curbside bag drop, range balls, golf carts, a satisfying barbecue lunch and on-course

beverages. After golf, there's a hosted cocktail hour, awards dinner and a tournament gift for each participant. Registration is at 10:30 a.m., with a shotgun start at noon.

Proceeds of the Golf Classic are applied to the purchase of new equipment and technologies and to fund charity care at Island Hospital. For more information about registration, costs and sponsorships, call Vince Oliver at (360) 299-1327.

## Auxiliary Easter basket brightens a child's day

A sure sign of spring in Anacortes is the annual Easter Basket Sale by the dedicated and *fun-raising* members of the Island Hospital Auxiliary. This year, in addition to selling nearly 50 colorful, treat-filled baskets in less than three hours, the event brought smiles from one young hospital patient and her parents.

According to Auxiliary Chairperson Shirley Smith, the sale was winding down when one of the last customers bought a basket and asked that it be donated to someone in need of a treat. From staff members, the Auxiliary learned of a little girl who was being treated at the hospital for a bad case of flu. She was clearly delighted when Auxiliary members presented her with the basket.

"Island Hospital doesn't have many pediatric patients," said Smith. "We were glad to help brighten her day." The girl's parents expressed their thanks to the Auxiliary, hospital staff and the generous gentleman who donated the basket.

The Easter Basket Sale netted \$800 for the group and those funds will ultimately be donated to Island Hospital for the purchase of new equipment and technologies. In early April one such donation of \$5,000 was presented to Lois Pate RN, Chief Nursing Officer, to partially fund the purchase of a special chair that allows stroke patients and others to sit comfortably when swallowing barium prior to test procedures.

The Auxiliary also held its annual Candygram Sale on Valentine's Day for hospital staff, patients and visitors. Hundreds of gaily wrapped chocolate bars were bought, exchanged and enjoyed.

Several new members joined the Auxiliary in 2013 and the group hopes to add more to the roster before it adjourns for the months of July, August and September. New members are always welcome. For more information on the Auxiliary, call the Island Hospital Foundation at (360) 299-4201.

## continued from Page 18

Other event sponsors whose contributions underwrote features of the event included Tom Griffin & Lani Donohoe, Island Hospital Medical Staff, Cap Sante Marine, Furin & Company CPA, Amerinet, Johnny Picasso's, Group Health, Swinomish Casino & Lodge, Northwest Orthopaedic Surgeons, Upstage Boutique & Men's Store and Callaway Golf.

This year's Gala was chaired by Anne Smith. Her committee included Kathleen Johnson as décor chair; Tom Griffin, who took charge of entertainment, and a dedicated group of volunteers who once again came together to create an extraordinary event. IH Foundation Development Director Bernadette Stanek thanked all those who helped to make the Gala a success. "We are grateful to local businesses, individuals and volunteers who generously gave their resources, time and efforts to support this annual event and keep quality healthcare in our community."

### In Memory of...

- Stephen E. Ashley
- Marcus & Frances Brown
- Samual Edward Chapman
- Sue Harbaugh
- Barbara Hoover
- The first Director of Nursing Services:
- Vera Mudge
- Dr. Raymond Pinson
- Westley E. Shull

### In Honor of...

- Dr. Charles Blackadar & AFM staff
- Tom Hudson
- The great care and consideration of staff
- Island Hospital Volunteers
- Resource Center Personnel: Dennis, Aubre, Barbara, Claire & Anne

To remember or honor someone with a donation, please make check payable to "Island Hospital Foundation" and mail to:  
1211 24th Street  
Anacortes, WA 98221  
Info: (360) 299-4201

# More men “getting work done”



When it comes to cosmetic-surgery procedures, stereotypes are vanishing and gender walls are coming down. According to recent studies, men are proving themselves just as eager as

women to nip this and tuck that.

While it would have been unthinkable just a few decades ago, men are turning to surgical and non-surgical cosmetic procedures with growing enthusiasm. In a 2012 survey by the American Society for Aesthetic Plastic Surgery, men accounted for nearly 10% of plastic surgery procedures. That's an impressive jump of 121% in just 15 years.

Men are investing in plastic surgery and other cosmetic procedures for a variety of reasons according to David Slepian MD, Medical Director of the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital. “Many men feel that looking younger or ‘refreshed,’ may give them an advantage in the job market,” said Dr. Slepian. “Even those with significant expertise and experience view the workplace – especially in a weak economy – as youth-oriented and highly competitive.”

Studies show that while weight-reduction surgeries – such as liposuction and breast reduction – were initially favored by men, in recent years regenerative procedures – such as face, brow and eye lifts and nose jobs – and structural alterations such as chin implants, have been gaining steadily in popularity.

Some men approach enhancing their physical appearance more cautiously and may opt for non-surgical treatments. *Injectables* such as Botox to reduce facial wrinkles and dermal fillers, which have been called “liquid facelifts”, can achieve many of the benefits of surgery without the downtime.

“With people living longer, more active lives, it's not surprising that men as well as women want to look better longer,” said Dr. Slepian. “We strive to help them identify the surgical or non-surgical procedures best for them and deliver the natural-looking results they seek.”

The Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital is located at 2511 M Avenue, Suite C, Anacortes, and at [www.ihplasticsurgery.com](http://www.ihplasticsurgery.com) online. For information or appointments, call (360) 588-2081.

# VitalStim promotes improved swallow function

“For months last year I felt terrible, had trouble swallowing and keeping food down. It seemed like no one could figure out what was wrong with me. Finally my physician, Dr. Blackadar, decided to send me to a speech therapist and also put me on a feeding tube. I worked with speech therapists Alisha Kleindel and then Debbie Harter. They were both wonderful and were able to improve my ability to swallow. I can now eat almost anything with no problems. My feeding tube was removed and life is back to normal. We are so lucky to have such a wonderful hospital and the people to make it so.”

Former patient Christine (full name not used to protect her privacy), describes her situation and the swallowing therapy she received at Physical, Occupational & Speech Therapy at Island Hospital. When Christine's outpatient swallowing treatment began she was receiving her nutritional needs via a feeding tube that had been in place for three months. She was unable to eat or drink anything by mouth as she was at very high risk for aspiration (having food or liquids go into the lungs instead of the stomach) which can lead to life-threatening pneumonia.

Initially, her treatment consisted of ongoing analysis of her swallow function with individualized and specific training for a swallow-strengthening exercise program implemented by Alisha Kleindel MS, CCC-SLP.

It was determined that Christine needed an additional treatment approach. She was then transferred to the care of Debbie Harter MA, CCC-SLP. Harter initiated an intensive VitalStim treatment program. VitalStim uses electrical impulses to facilitate muscle contractions for a stronger and more efficient swallow function.

After just seven visits, that included VitalStim treatment combined with sensory stimulation, Christine progressed with significant improvements in her swallow function. She was cleared for eating/drinking by mouth again, following specific guidelines. After an additional six VitalStim treatments, Christine progressed to full return of oral intake without texture or liquid restrictions. She was able to meet all of her nutritional needs and was cleared by her physician to have the feeding tube removed.

It is estimated that more than 15 million



*Debbie Harter MA, CCC-SLP, with VitalStim equipment.*

adults in the U.S. suffer from swallowing difficulties (dysphagia). This can occur as a result of stroke, neurological disease, cancer treatments involving the head and neck, normal aging or after long periods of inactivity.

People who do not eat or drink enough are at risk of dehydration, weight loss, illness and longer recovery times. In addition, these people are also at increased risk of isolation and depression as so much of socialization occurs around the sharing of food and drink in our society.

You may benefit from combined dysphagia therapy and VitalStim treatments if you experience any of these symptoms:

- Coughing and/or throat clearing after swallowing
- Decreased vocal quality
- Recurring colds or respiratory infections
- Multiple swallows or special maneuvers required to clear throat
- Difficulty completing a meal
- Feeling of food stuck in the throat
- Requiring modified food textures and/or thickened liquids
- Difficulty getting the swallow started
- Facial droop or weakness

If you have any questions, contact Physical, Occupational & Speech Therapy at Island Hospital, (360) 299-1328.



# Tuesday IH farm stand will feature guest vendors



Neal Mobley, featuring Mr. Mobley's Tahini Sauce, will be at the Island Hospital farm stand June 18.

Island Hospital will again host a weekly farm stand on Tuesdays during the summer. Since 2007, Island Hospital has participated in the Farm-to-Healthcare initiative that has proven its value for the community, patients, employees and local farmers.

Along with the obvious health benefits of eating produce that is pesticide-free, organic or otherwise less exposed to chemical treatment, the Farm-to-Healthcare program promotes better nutrition, supports local farmers, reduces air pollution by shortening the trip needed to deliver food and helps preserve the agrarian landscape of Skagit County.

## Tasty Tuesdays!

Island Hospital will host a local farm stand on Tuesdays,

from 11 a.m. to 4 p.m. from June 11 through Sept. 10, adjacent to the main hospital entrance on 24th Street. Along with the farm stand, the Summer Wellness Fest will include wellness information, resources, information on wellness-oriented community classes and more. New this season will be:

- Pies using seasonal fruit baked fresh Tuesday morning delivered to farm stand
- Local honey
- Fresh baked bread from Avenue Bakery
- Biscuits and local jam

The Wellness Program continues to invite guest vendors to showcase their healthy local products or services by participating during our summer farm stand. On June 18, Neal Mobley will be a guest vendor bringing his tasty Mr. Mobley's Tahini

Sauce which features all organic ingredients and provides an excellent source of healthy, anti-inflammatory fats – available in regular or gluten-free. Enjoy a taste at the farm stand or try our Tasty Tuesday Farm Fresh Special featuring tahini chicken with fresh seasonal vegetables and brown rice.

Cooking demonstrations will be offered regularly through the summer – with samples provided, of course – using the fresh produce. Recipes will be given out each week to encourage people to use more farm-fresh products.

For more information, contact Sherrie Veatch at 299-1377, or Suzie DuPuis at 299-1300 ext. 2567.

## Soroptimist International gives to IPCC

Soroptimist International of Anacortes and Fidalgo Island held a Community Baby Shower to benefit the Island Prenatal Care Center (IPCC). Enough infant clothing, blankets and accessories were donated to fill 10 large tubs along with a check for \$324.32 from cash donations. All items received were greatly appreciated by the IPCC on

behalf of new moms and moms-to-be who need help.

The event was greatly supported by the community, including Ace Hardware, members of the Fidalgo Island Quilt Guild, Walgreens and The Market; as well as many generous individuals who made blankets and other accessories and purchased baby items.



(From left) Teresa Shafer McCarroll, Leslie Dorn, Robin Swain, Effie-Jo Lindstrom RN, Sharon Rein, Carol Garner, Nora McMillan ARNP, Katy Hetterle and Katie Walker. Lindstrom, McMillan and Hetterle are IPCC staff and others are members of Soroptimist International.

## Soroptimist International donates BP monitor



Soroptimist International of Anacortes Health Committee members Karen Tavalero (standing left), Barbara Kiver (standing right) and Dorothy Franklin (seated right) present a new blood-pressure machine to Island Hospital Volunteer Elaine Oliphant, who provides free blood-pressure checks. This new machine will be used in the Island Hospital booth at community events and other off-site screenings. Soroptimist Health Committee members not pictured include Cynthia Aanestad and Peggy Ireton.



# Expanding community care...

*This lower aerial photo shows Island Hospital shortly after construction in 1962 and, when compared with a 2012 photo, illustrates the growth of the facility to match the community's population. Island Hospital (Skagit County Public Hospital No. 2) district boundaries are defined as the 98221 postal zip code -- Fidalgo, Guemes, Cypress and Sinclair islands -- however, the hospital serves north Whidbey Island, La Conner and San Juan County. The combined population of these communities has increased from 14,000 in 1960 to more than 60,000 today.*



## continued from Page 5

### Rehab rebuilds heart health

Heart disease is a life-changing diagnosis, but today those who experience heart-related surgeries or conditions don't have to face recovery alone thanks to cardiac rehabilitation programs. In a safe, supervised environment, recovering patients can learn new ways to stay heart-healthier longer, manage feelings of fear and anxiety and retake control of their lives. Studies by the American Heart Association and the American College of Cardiology show that cardiac rehabilitation programs can help stabilize, slow and even reverse the progress of heart disease.

Cardiac rehab is an option for people of all ages whose readiness for the program has been evaluated and approved by their doctors. Comprehensive, medically supervised programs are tailored by specially trained healthcare professionals to benefit those who have experienced:

- Heart attack
- Angina/chest pain
- Angioplasty or stent procedure
- Valve replacement/repair

- Coronary-bypass surgery
- Heart transplant

Physical activity is also a key part of a cardiac rehab program. Although those who have had a heart attack or other related conditions may find it difficult to begin an exercise regimen when they're still not feeling well, most will benefit from a program that takes into account their physical abilities, limitations and other concerns.

Managing heart disease is a life-long challenge that requires lifestyle changes. Cardiac Rehabilitation programs are designed to help participants make changes such as improving nutrition and quitting smoking.

### Pulmonary Rehab rebuilds lung health

For most people breathing is not something to think about: It's inhale, exhale – all day, every day. But if you suffer from a chronic respiratory disease, taking a breath may not be so simple.

That's why at Island Hospital we've designed a Pulmonary Rehab Program especially for patients diagnosed with a condition such as:

- Chronic obstructive pulmonary disease (COPD)

- Bronchial asthma
- Chronic bronchitis
- Neuromuscular disease
- Restrictive disorders
- Emphysema
- Cystic fibrosis
- Other pulmonary diagnoses

The exercise component of the program begins with an individual activity plan that's keyed to the patient's current condition, including monitored physical conditioning to increase muscle strength, build endurance and reduce respiratory symptoms as you adopt new strategies to help them breathe easier.

Individual plans will be regularly reviewed by a Pulmonologist and a Respiratory Therapist. Adjustments will be made to help you meet personal goals and make gains in handling daily activities.

Cardiac and pulmonary rehab programs are covered by most insurance plans including Medicare, but require a physician referral. If you've had any heart- or lung-related conditions, ask your physician if a rehabilitation program is right for you. For more information on the Cardiopulmonary Care Center at Island Hospital, call (360) 299-4242 or visit [www.islandhospital.org](http://www.islandhospital.org).

## continued from Page 4

important to assess your feelings about possible risk or side effects of treatment and your doctor's opinion of which treatment, if any, would be beneficial to you.

The National Cancer Institute currently lists six types of standard treatments for prostate cancer. They include:

- Active surveillance with no treatment
- Surgery
- Radiation therapy
- Hormone therapy
- Chemotherapy
- Biological therapy

Three other treatments being tested in clinical trials:

- Cryosurgery
- High-intensity focused ultrasound
- Proton beam radiation therapy

Because there are several options available, you may want to seek a second opinion on which is best for you based on your condition. Conferring with doctors who specialize in different types of treatment may be helpful to you in balancing the benefits of each option with possible outcomes, risks and side effects.

You also may want to consider taking part in a clinical trial, which can typically be entered before, or after beginning cancer treatment. Again, you and your doctor should decide if this option is right for you. For more info visit [www.cancer.gov](http://www.cancer.gov).

# They man the *Lifeline*

Island Hospital *Lifeline* Coordinator Bill Walker takes his work personally, because he knows the service he helps to provide can save lives. Philips *Lifeline* is a nationwide emergency-response subscription service that with a click of a button, summons a reassuring voice of help or brings assistance to the door. The Island Hospital-based service supports 280 Skagit County residents. If you have a *Lifeline* subscription through Island Hospital, chances are good that either Walker or *Lifeline* Volunteer Craig Smith – who both have served 10 years with the program – installed your equipment and instructed you on its use. In fact, Smith has served nearly 7,000 Volunteer hours at Island.

According to Walker, Island Hospital is the only provider of *Lifeline* service that brings equipment to a subscriber's home, installs and tests it, and makes certain its operation is understood. "Otherwise," says Walker, "the equipment is mailed to subscribers and they're on their own in learning how to operate it."

*Lifeline* has been sponsored by Island Hospital for more than two decades and offers a sense of security, not only for subscribers, but for their loved ones. "Our subscribers value *Lifeline* because it gives them the confidence to live independently," says Walker. The service also gives families the peace of mind that comes from knowing their loved ones are just a click away from help if and when they need it.

The *Lifeline* service is reasonably priced, but for those whose bud-



*Lifeline* Coordinator Bill Walker (left) and Volunteer Craig Smith.

gets don't stretch far enough to afford it, there are options. Application can be made for state funding to cover the cost of the service or to the Island Hospital Auxiliary, which maintains a special fund for those who may need help paying for *Lifeline*. Currently the Auxiliary supports about ten *Lifeline* subscriptions.

At 81, Bill Walker can still crawl around floors connecting wires and says he loves the work he has done for nearly a decade. "When I finish installing a *Lifeline* system," he says, "I feel like I've left a friend in good hands."

# *Fit4Baby*® helps strengthen mom during pregnancy



*Fit4Baby*® Instructor Natalie Gustafson MS, LMFT (left) and mom-to-be Cristina Tabor-Mueller.

*Fit4Baby*®, a program designed to strengthen the body for the changes it will experience during pregnancy, is now offered by the Island Hospital Community Education Department. The moms-only class includes cardio, strength, flexibility and balance training; and is designed to accommodate all stages of pregnancy and various fitness levels.

The course was created to prepare women for the physical demands of pregnancy and labor, and post-birth fitness. The eight-week program, which requires the approval of a healthcare provider, is held outside using available structures – stairs, rails, benches, etc. – as exercise equipment.

For more information about *Fit4Baby*®, see listing in the "Classes" section in this issue of *Heartbeats*, or visit [www.islandhospital.org/classes](http://www.islandhospital.org/classes).

Stroller Strides, a class for new moms and their babies is also offered in Anacortes; visit [www.fit4mom.com](http://www.fit4mom.com) for more about this program.

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Tuesday, Sept. 3  
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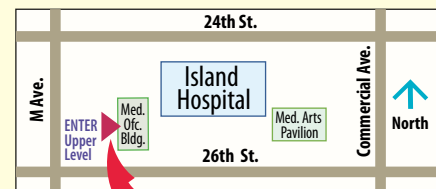
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**THE  
WALK-IN CLINIC**  
AT ISLAND HOSPITAL

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

**Info: 299-4211**



2511 M Avenue, Suite B, Anacortes  
**Located in Anacortes Family Medicine**