



ISLAND HOSPITAL

Heartbeats

Magazine

Fall 2015

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Are you getting a
proper night's
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INSIDE:



Raising a child with autism has many daily challenges.

Read how therapists at Island Hospital have given tools to Samuel and his family to help them embrace his autism and bring order and a sense of joy back into their lives.

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Commissioner's Message

Harley-Davidson Treatment

By **Chip Bogosian MD**

President, IH Board of Commissioners

I have often wondered: What if I had a terminal disease and there was a new drug or treatment that just arrived on the scene and it would extend my life by three months for a cost of \$160,000? What would I do? Would I forgo the treatment in order to send my grandson to college for three years, or would I go for the long-shot cure? In my family, we have a few examples that may help us build the framework for making these difficult decisions.



Chip Bogosian MD

When my son Chris was 10 years old he had a mass near the tear duct of his right eye. Harkening back to my days at Boston Children's Hospital, one of the things I remembered was our maxim "that any mass in a child which is not painful is cancer until proven otherwise". We went to four physicians and the opinions ranged from "suspicious" or "don't worry" to "no idea what it was". The last physician we went to recognized something was terribly wrong and scheduled an immediate MRI and surgical biopsy. It was a malignant rhabdomyosarcoma (muscle tumor) behind his right eye and we were only seeing the tip of the iceberg. We then launched down the road of radiation and a year of chemotherapy, which in 1990 had a cure rate of 96% -- unlike the 95% mortality the surgical cure had in the 1950s -- this was an easy choice.

Now fast-forward to 2014. We brought out my mother to live here in Anacortes after having lived most of her 93 years in New England. She had given up driving which was quite a blow but slowly accepted it. She was a nurse and had spent many years in the operating room and worked for an allergist until she was 88! We had her set up with private living quarters and she was quite happy with her surroundings.

She rarely complained about her health, as is the modus operandi of most old-school types, but we noticed that there were heart and gynecological issues that needed to be addressed -- and quite quickly because they were serious. She wanted no part of the workup or the treatment. We had long discussions and could not convince her that some things needed to be done, but again she did not want to have any studies or therapies.

We honored her wishes and had fun with her while she was here. On Nov. 3, 2014, she died peacefully in her sleep. The family, of course, was very sad but relieved she was with us and not alone, and enjoyed the last months of her life. I wonder if I were in her shoes, would I get a Harley-Davidson and just ride off into the sunset? Something to consider!

On a more intellectual note, I have just read *Being Mortal* by Atul Gawande MD, who does a most thorough job discussing end-of-life issues. I heartily recommend this book to everyone who may face these issues -- in other words, everyone! One of the most important facts I gleaned from this work is that if you keep folks comfortable and in a pleasurable (to them) environment, they live longer! Just a thought.

For more information about the hospital commission, visit www.island-hospital.org/leadership. Here you'll find our meeting schedule, contact information and much more.



Effie-Jo Lindstrom RN (left) shares a yawn with Liam Williams (right) and a laugh with his mom Christina Reed.

Center for Maternal & Infant Care opens at Island Hospital

Island Hospital's new Center for Maternal & Infant Care (CMIC) has opened its doors, providing quality, evidence-based prenatal, maternity and infant-support services to families in Anacortes and the surrounding community.

Offering problem-based visits, CMIC provides education, support and treatment to create the best possible physical and emotional outcomes for:

- Any mother or family who would like support or advice regarding breastfeeding.
- Mothers using nipple shields.
- Tongue-tied infants.
- Premature infants.
- Jaundiced infants.
- Infants requiring or receiving formula in the hospital.
- Infants with poor weight gain.
- Nursing mothers with medication questions or concerns.
- Mothers returning to work who would like to continue to breastfeed.
- Mothers who have questions about pumping or alternative feeding.
- Mothers with a history of breast surgery.

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Jody Cousins MD selected for 2015 Physician Leadership Award

Jody Cousins MD, of Fidalgo Medical Associates and the Center for Maternal & Infant Care at Island Hospital, has been selected as recipient of the 2015 MaryAnn O'Hara Physician Leadership Award, presented by the Breastfeeding Coalition of Washington (BCW).



Dr. Cousins was selected for her "hard work and dedication in support of breastfeeding", according to Alex Sosa, Breastfeeding Promotion Manager for WithinReach, an organization that advocates for families throughout Washington by helping them acquire services available through state and federal programs. The BCW works with WithinReach to promote, protect and support breastfeeding as vital to the health of communities.

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As I See It...

By Vince Oliver, IH Chief Executive Officer

Recruiting, retaining our community physicians

As follow-up to my message in our last issue of *Heartbeats* magazine, we have completed our required Community Need Physician Supply/Demand Analysis, performed by the Champion Group. This project gives us statistical and market information upon which to build a strategy for physician recruitment, retention and succession.

As we know, the challenges recruiting physicians continue to intensify. In fact, Health Economist Richard Cooper MD of the University of Pennsylvania predicts that there will be a shortage of 200,000 physicians by 2020.

It becomes even more challenging for Island, as a small, independent, tax-supported hospital. To recruit physicians, we must compete with larger, non-public hospitals and for-profit clinics that can offer much more in signing bonuses, guaranteed income and other compensation. As a tax-supported hospital we are bound by Fair Market Value regulations that limit the amount Island Hospital can offer.

However, very few healthcare organizations can match what we have to offer – considering our region's beauty, our community's quality-of-life and Island Hospital's quality-of-care. We continue to have outstanding physicians, advanced registered nurse practitioners (ARNPs) and physician assistants (PAs) bring their practices here.

The Community Need Physician Supply/Demand Analysis also showed that – along with the obvious added demand caused by the aging of Baby Boomers – challenges will include:

- Further decline in reimbursement for services.
- Fewer physicians taking Medicare and Medicaid.
- Greater need for ARNPs and PAs.

The analysis concludes that, by 2018, we will need to recruit as many as nine primary-care providers (PCPs) to succeed those expected to retire by then. This includes providers for family practice, internal medicine and pediatrics. The analysis included average wait times for new patients, currently 5.7 weeks for primary care. Our goal is to cut this time to the national benchmark of three weeks in 2016 by continuing our efforts to recruit PCPs.

Specialty-care practices cardiology, urology and general surgery were meeting demand without any serious concerns. However, dermatology, orthopedics, neurology and others were found to have longer wait times than we'd like, but generally are well-staffed. Psychiatry, due to the very low reimbursement rates paid by government and private insurers, have very long wait times (considered full to capacity), insurance-coverage problems for many in need and wait times exceeding 10 weeks. Psychiatry will continue to be a problem until the federal and state governments come up with a viable financial strategy to meet our mental-healthcare demand. As a footnote, we are one of very few hospitals that operate an outpatient psychiatry and behavioral health clinic.

Nationally, it takes an average of nine months or more to recruit a physician. We have much work to do and this report is a great first step. We will continue to hold provider recruitment as our top priority and will do all we can to bring the best primary-care and specialist physicians to Island Hospital.

If you have any concerns, comments or questions, please contact me directly at (360) 299-1327, or voliver@islandhospital.org.

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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Heartbeats

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ISLAND HOSPITAL

Our Promise

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

IH Surgery ranks high

Island Hospital ranks among the top ten of all Washington hospitals according to a survey that measured adverse effects suffered by surgical patients during hospital stays. The information may help healthcare consumers evaluate their options in deciding where to have surgical procedures, according to *Consumer Reports* magazine, which compiled and published the ratings.

The magazine's rankings are based on the Centers for Medicare and Medicaid Services (CMS) reports sent by hospitals between October 2013 and September 2014.

Much of this data, which is routinely collected by hospitals to track how well patients do and to measure quality, is reported to state and national registries. According to *Consumer Reports*, this surgical ranking of more than 2,400 hospitals nationwide, including 86 in Washington State, marks the first time such information has been available to the public.

According to the magazine, the surgery ratings are part of "an ongoing effort to shed light on hospital quality and to encourage more transparency within the healthcare system."

This is the third consecutive time Island has ranked well in a *Consumer Reports* study. In 2009, the magazine recognized Island Hospital for outstanding Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores, specifically on the issue of communicating with patients. Island Hospital received the third highest score in Washington State and was one of five Washington hospitals above the national average. In 2013, Island was in the top 10 in Washington for low surgery-infection rate in an article similar to the recent study.



IH offers EV stations

Island Hospital has completed installation of two charging stations that can be used by an estimated 80-90% of current electric vehicles. Each station is equipped with a SAE 1772 North American Standard Plug.

To use the stations, an account with SemaConnect – which will provide a charging card – can be used. Or, the user can call an 800 number displayed on the charging-station screen and pay with a credit card. The cost to charge is \$1.70 per hour.

The two charging stations can be accessed via 26th Street between M and Commercial avenues:

1. Behind the Island Hospital Medical Office building. The building is located at 2511 M Ave., but the building's rear lot is accessible only from 26th Street.

2. In the parking area south of 26th Street. Turn south just west of Fidalgo Care Center, station is located about 100 feet from the street.

Vein-finding technology utilized

Island Hospital has implemented the use of the AccuVein AV400 vein-illumination system in Acute Care. By using a safe beam of light projected onto the patient's arm, the system helps staff locate veins for blood test or intravenous medication termed *venipuncture*. It is estimated that each day in the U.S., more than 2.5 million venipuncture procedures are performed. Some of these attempts to reach a vein are unsuccessful and can be uncomfortable for the patient.

Improving "first-stick" success rates is a goal of healthcare professionals around the world.

Even the most experienced can have difficulty accessing veins on the first attempt. The AccuVein system can be especially helpful with patients who have had frequent venipuncture, are dehydrated or obese, or suffer other conditions that make this procedure difficult.



Missy Dubuque named Practice Manager at Island Family Physicians

Missy Dubuque is now Practice Manager at Family Care Network Island Family Physicians (IFP).

Dubuque started with Island Hospital as a receptionist/admitting clerk in 1995 and transferred to La Conner Medical Center (LCMC) in 1998, becoming LCMC's Practice Manager in 2001. From 2004 through July 2015, she was Practice Manager for both LCMC and Island Internal Medicine.

"I'm excited to be a part of this group," Dubuque said, "and I'm looking forward to working with the staff and patients at IFP. I think one of the best parts of being a manager is that we can influence lives in a positive way. When I can do that, I'm happy."

Island Family Physicians is located at 2511 M Ave., Suite A, Anacortes. For appointments call (360) 293-9813.



Testing for sleep apnea: now you can do it at home

Island Hospital Sleep Wellness Center (SWC) has brought great relief to the weary with home sleep testing (HST)/portable monitoring. In the comfort of your own bed, and scheduled at your convenience, HST is used to evaluate and diagnose sleep apnea with results ready in two weeks or less – and at a fraction of the cost of more advanced in-laboratory sleep studies.

Most people who have sleep apnea are unaware of it, as it occurs only when they sleep. Those with this condition have breathing pauses, signaling lack of oxygen to the brain and causing the sleeper to move out of deep sleep and into light sleep.

When untreated, sleep apnea can:

- Increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes.
- Increase or worsen heart failure.
- Make arrhythmias, or irregular heartbeats, more likely.
- Interfere with school or job performance, and increase the risk of work-related or driving accidents.

“The good news,” says SWC Supervisor Rachelle Fisher, “is that the public is becoming more educated about this disorder, and the advent of HST has made diagnosis more ‘doable’ for our patients.”

HST gives patients who are anxious or worried about an in-lab study the comfort and reassurance of their own sleeping environment and encourages

them to seek out treatment when they might have dismissed getting support altogether. For some, it is an out-of-pocket expense yet one that is more affordable.

The HST process

“Typically, when a patient comes in for his or her sleep consultation with Dr. Robert Reyna,” Fisher said, “determination will be made regarding the type of sleep study appropriate for them. Some insurance providers require a HST prior to an in-house sleep study. With prior authorization, they can be sent home with their HST device following their consultation. For others, we submit for prior authorization before issuing the device.”

It takes about 20 minutes to learn how to operate the HST device, which will record data for two consecutive sleep periods. The device is then returned to SWC, where the data is downloaded for scoring by a technologist and given to Dr. Reyna for interpretation.

“The patient and Dr. Reyna review the results to determine whether further study is needed or if moving to treatment is the next step,” Fisher said. “From start to finish, the process takes about two weeks.”

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



**PROBLEMS
IN SCHOOL?
SLEEP PROBLEMS
CAN AFFECT
SCHOOL
PERFORMANCE
WE CAN HELP**



ISLAND HOSPITAL
SLEEP WELLNESS
CENTER

360.299.8676

Patients are sent home with a barely noticeable monitor so data can be collected while they sleep in comfort and convenience of their own beds. The device is then returned so Dr. Robert Reyna and the patient can review results together.



Denise Jones RN, MN named Island Hospital CPCE

Denise Jones RN, MN has been appointed Island Hospital's Chief Patient Care Executive (CPCE). In this position, she will play a vital role in areas such as patient quality-of-care and advancement of nurses and nursing leaders. She will also work with others in leadership to determine strategic plans for the future of IH, helping to plan, organize and assure implementation of current and future hospital functions, programs and activities.



Announcing Jones' appointment, CEO Vince Oliver cited her ability to tackle challenging issues, achieving great results.

"After interviewing candidates from around the nation," Oliver said, "I concluded that Denise was clearly the best choice. She has earned the respect of her colleagues, physicians and board

members alike for her hard work, fresh ideas and courage to make tough decisions."

Jones earned her Associate of Arts degree from Golden Valley Lutheran College, MN; her Bachelor of Arts in nursing from the College of St. Scholastica, Duluth, MN; and her Masters of Science in nursing from Regis University, Denver, CO.

Prior to joining Island Hospital, Jones worked as Patient Care Manager, Spring Valley Care Center; and Home Health Nurse Coordinator, Spring Valley Home Health, Spring Valley, MN.

Jones was employed at IH in 2003, initially as a registered nurse in the Acute Care and Intensive Care units, where she later became director. She has also served on numerous committees, including infection control, clinical ethics, emergency preparedness and the planning and design for the Island Hospital renovation and expansion project completed in 2008. In

January 2015 she was named Interim Chief Nursing Officer – a position that led to her naming as CPCE.

"I am excited about the opportunity to serve Island Hospital's patients and staff in this increased capacity," Jones says. "In today's ever-changing healthcare environment, I am dedicated to helping merge advances in technology, treatments and regulations throughout all departments to maintain and enhance our record of excellence and quality-of-care provided to our patients and their families."

Manager, employee annual awards

Island Hospital presents the annual Employee of the Year and Management Leadership awards at the employee recognition dinner each year. However, with this event taking place too late to get into the Spring Heartbeats, the awardees are recognized in this issue.

Michael 'Mac' Kelly selected Employee of the Year

Michael "Mac" Kelly was named Island Hospital's 2014 Employee of the Year at the annual service awards banquet. Mac started in the kitchen at a young age and has grown up in



the culture of the Island Hospital Promise. He has been an exceptionally hard worker, trustworthy and willing to take on additional responsibilities. For those reasons, Mac has been cross-trained to work with patient meals and run the Island Bistro in addition to his normal duties.

While serving customers and patients, Mac sees his interactions as a chance to brighten someone's day, which he does with a smile and friendly "hello". He takes ownership in his department, ensuring the cafeteria is clean and stocked for the next shift. It isn't surprising that Mac's generous spirit is not isolated to his work at

Island Hospital. Every week on his day off, Mac volunteers at the local soup kitchen.

Lab Director Michael Sharp selected for Management Leadership Award

Michael Sharp MLS (ASCP), Director of Laboratory Services, was selected as winner of the 2014 Management Leadership Award. Michael began working with Island Hospital in 2011 and quickly



established himself by bringing his strong leadership and expertise to our small but highly effective lab. Michael has worked diligently to improve our laboratory outreach program creating more revenue and sought to expand Island's in-house testing for tests that previously were sent to reference labs. This has resulted in faster turnarounds for results enabling physicians to provide quicker diagnosis and treatments to patients. In addition, Lab-patient satisfaction is at an all-time high, mostly attributed to the excellent efforts by Michael and his staff at the renovated Laboratory Service Center.

He is very well liked by fellow staff and managers and always delivers the IH Promise of "placing your emotional and medical needs first and foremost."

Center for Aesthetic Services introduces Marie Ayala LMP

Licensed Massage Therapist Marie

Ayala has teamed up with providers at Island Hospital's Center for Aesthetic Services (CAS) to help enhance the range, depth and longevity of results and goals of its patients.



"Massage therapy can be a stand-alone service," Ayala says, "or it can be integrated with other treatments to augment and often prolong desired objectives."

Ayala graduated with honors from Ashmead College (now, Everest College), School of Massage, Everett, in 2000 and completed her massage internship program at Providence Hospital, Everett. She has worked in private practice or as a contractor in Marysville, Monroe, Arlington and Everett as well as serving as educational assistant at Providence Medical Center and Ashmead College. A member of the American Massage Therapy Association, she completes yearly continuing education courses.

Her patients range in age from infant to elderly. Determined by the needs of each individual, Ayala utilizes treatments and therapies that include Swedish, injury and treatment, therapeutic, pregnancy, direct pressure/deep tissue, manual lymphatic drainage, myofascial release and energy work.

The Center for Aesthetic Services at Island Hospital is located at 2511 M Ave., Suite C, Anacortes. For appointments, call (360) 588-2081.

Anacortes Family Medicine welcomes Morgan Merrill MD

Morgan F. Merrill MD has joined Anacortes Family Medicine (AFM), where he specializes in family practice and obstetrics.



“As a father of young children, I know how important it is to take the entire family into consideration when treating a member of your family,” said Dr. Merrill. “Therefore, I believe you should choose a provider you can relate to.”

Dr. Merrill earned his Bachelor of Science degree in zoology from Idaho State University

(ISU), Pocatello, graduating with high honors. He received his Medical Doctor degree from the University of Nebraska Medical Center – College of Medicine (UNMC), Omaha, and served his residency and internship in family medicine at the Lincoln (NE) Medical Education Partnership – Lincoln Family Medicine Residency Program, where he was named 2011 Clinician of the Year.

Excelling throughout his academic career, Dr. Merrill was the recipient of six scholarships while studying at UNMC, and his efforts at ISU put him on the Dean’s List for College of Arts and Sciences each semester. He has been named to the National Dean’s

List, Who’s Who Among America’s Colleges and Universities and is a member of Phi Kappa Phi honor society as well as Gamma Beta Phi honor and service society.

Dr. Merrill came to AFM from Douglas County Memorial Hospital/Prairie Health Clinic, Armour, SD, where his scope of practice included hospital and emergency medicine, gastrointestinal endoscopy, obstetrics and outpatient clinical medicine. He is certified by the American Board of Family Medicine.

Anacortes Family Medicine is located at 2511 M Ave., Anacortes. To schedule an appointment with Dr. Merrill, call (360) 299-4211.

Bhriгу Parmar MD joins SRC-Cardiology



Bhriгу “Rishi” Parmar MD recently joined Skagit Regional Clinics – Cardiology (SRC-Cardiology) and is accepting new patients.

Valedictorian of his class at Squalicum High School, Bellingham, Dr. Parmar went on to earn his Bachelor of Science in computer engineering, *magna cum laude*, from the University of Washington (UW), Seattle, and his Medical

Doctorate (MD) from the Medical College of Wisconsin, Milwaukee. He did his internship and residency in internal medicine at UW, and later completed a fellowship in cardiovascular diseases at the University of Utah, Salt Lake City, focusing on clinical cardiology, echocardiography, nuclear imaging, CT/MRI and cardiac catheterization.

Prior to earning his MD, Dr. Parmar worked at Guidant Corporation, St. Paul, MN, as a software design and test engineer to develop a new generation of pacemaker and defibrillator devices.

Dr. Parmar has published his work on MRI and atrial fibrillation in the *Journal of Cardiovascular Electrophysiology*. He has presented at various scientific sessions, including American Geriatrics Society, American Society of Echocardiography, American College of Cardiology, and American Heart Association. He is a member of the American College of Cardiology and is board certified by the American Board of Internal Medicine.

Skagit Regional Clinics-Cardiology is located at 2511 M Ave., Suite D, Anacortes. For appointments call (360) 293-0308.

Courtney Stewart joins Cardiac Rehab

Exercise Specialist Courtney Stewart BS is now providing consultation, instruction and care to patients of the Island Hospital Cardiopulmonary Care Center.

A 2009 graduate of the University of Wisconsin-Superior, Stewart earned her Bachelor of Science degree in exercise science with a minor in coaching. She completed her internship in car-



diopulmonary services at Mercy Hospital, Moose Lake, MN.

Stewart relocated to Oak Harbor, WA, where she was employed by Oak Harbor’s Thrive Community Fitness as a personal trainer before her employment as monitor tech-PCC and exercise specialist in the Cardiac Rehabilitation program at Skagit Valley Hospital.

The Cardiopulmonary Care Center is located at 2511 M Avenue, Suite H, Anacortes. For appointments or more information call (360) 299-4242.

Bonita Criswell selected Clinic Manager at Island Internal Medicine



Bonita Criswell has joined the staff of Island Internal Medicine as Clinic Manager.

Criswell earned her Associate of Arts degree in radiological technology from Yakima Valley Community College and her Bachelor of Science in business administration from Columbia Pacific University, San Rafael, CA. She has additionally received specialized training in numerous

aspects of human resources, business administration and management.

Criswell’s previous employment includes five years with HMA Physician Management, Yakima, where she served as Clinic Manager for five Central Washington clinics, including the start-up of an internal medicine clinic. Criswell and her husband Dennis relocated to Anacortes, where she spent three years with PeaceHealth Medical Group, Bellingham, as Clinic Manager in Pediatrics. She was most recently employed by Skagit Regional Clinics, Mount Vernon, first as Practice Manager of Internal Medicine and later as Riverbend Clinic’s Director of Site and Operations.

“My personal goal has been to live and work in the Anacortes community,” Criswell said, “and I feel honored to be given this opportunity with Island Internal Medicine.”

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

Markey joins IH Wound Care Center



Tony Markey, with more than 15 years' experience overseeing the daily operations of departments within healthcare and other organizations, is the Program

Director at the Wound Care & Hyperbaric Medicine Center (WCHMC) at Island Hospital. He is affiliated with RestorixHealth, a national wound-care and hyperbaric-medicine management company contracted by the hospital to manage clinical outcomes, financial operations and other functions at the specialized Center.

Markey earned his Bachelor's degree from Whitman College in Walla Walla, WA and a Master of Business Administration from Bellevue University in Bellevue, NE.

Prior to joining the WCHMC, Markey was Program Director of the Wound Care Center at Valley General Hospital in Monroe, WA. He has also served as manager at Claims Cost Consulting in Everett, WA, and director of managed care at Audigy Group in Vancouver, WA. He has held several other sales and management positions with health-services and health-insurance firms.

"As our population ages, more Americans are suffering from chronic wounds caused by diabetes, injury, poor circulation and other causes, and more will require specialized wound care and hyperbaric treatment," says Markey. "We're glad that with state-of-the-art technology and a multidisciplinary team of wound-care specialists, we provide that level of care right here at Island Hospital."

Markey makes his home in Mukilteo, WA, where he lives with his wife and three boys. He enjoys landscaping, playing music, and writing, and is involved with his homeowner's association and the city's long-range financial-planning committee.

The WCHMC is located in the Medical Arts Pavilion on the east side of the Island Hospital campus. For more information call (360) 899-4600.

What makes a good end of life?



By Jean Leib RN, BSN, CHPCA
Executive Director,
Hospice of the Northwest

What makes a good death?

This is a question that

many people prefer not to think about in their day-to-day lives. However, for patients facing an uncertain future, it is an extremely relevant reality. The answer can vary from person to person, depending on individual personalities, interests and desires. However, for most people, a good death is quite simple. It means being physically comfortable, at peace in your own home, surrounded by your loved ones doing the things you love to do up until the very end. These essential details are made possible by hospice care.

As the executive director of Hospice of the Northwest, I am committed to our mission of compassion and dignity every moment of life and for helping patients and families experience a good death. But, before I was the executive director of this agency, I was a patient's daughter and I was worried. My father, affectionately called "Daddio", was a Hospice of the Northwest patient. I am grateful for how quickly the hospice staff discerned how to make Daddio happy. His nurse, Doug, revived old

memories for him and made sure he was comfortable; his social worker, Leanna, simply provided a meaningful presence; his spiritual counselor, Jan, was able to connect him with a path he hadn't connected with for a long time. I bless every one of my Daddio's team. While he didn't need a bath aide nor a volunteer it was reassuring to know they were in the wings if he had. My Daddio's hospice team helped him live his life to the fullest and to die free of pain with friends and loved ones nearby.

Hospice, by definition, is a team-oriented approach to providing specialized care for people facing a life-limiting illness or injury. For those who meet the Hospice eligibility criteria, their care includes expert medical care, pain management and emotional support for patients and their families. But more simply, hospice care supports living one's life to the fullest with dignity regardless of how much time remains.

Hospice enables moments and memories that would otherwise not occur. It is the quality of these final moments, after all, that can define a "good death."

It's never too soon to explore your end-of-life options, or to talk with your loved ones about their end of life wishes. To find out more visit www.hospicenw.org or call us at (360) 814-5550.



Island Hospital registered nurses taking part in the Clinical Scene Investigator program are (from left) Robin Catlin, Clarisa Shook, Erin Flanagan and Carie McFarlin.

Island Hospital selected for national nursing academy

Following a highly competitive application process, Island Hospital (IH) has been awarded a grant from the American Association of Critical-Care Nurses Clinical Scene Investigator Academy (CSI), one of only seven hospitals in the region selected.

The CSI program is designed to leverage staff nurses' knowledge and expertise in order to enhance patient care.

Other hospitals participating in the CSI program include Swedish-First Hill, Swedish-Cherry Hill, Harborview, Madigan Army Hospital, VA Hospital and Regional Hospital.

Following CSI guidelines, a team of four IH staff nurses were chosen from among those serving in critical, progressive, or acute

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Grateful mom praises POST for helping to turn autism from disability to opportunity

Samuel could recite his ABCs at nine months old and could count to 60 when he was two. Yet at nine months, he would have meltdowns when his socks were removed or when his hands got dirty. These meltdowns were not the typical, short-lived fits of a young child; instead, "Samuel would hit himself," says his mother Helen Smith, "spitting, screaming and crying for hours."

Smith first took Samuel to Physical, Occupational & Speech Therapy (POST) at Island Hospital when he was 20 months old. "Ms. (Angela) Straw [OT] was one of the first people to suggest I get my child tested for autism," Smith said, "and at two years old, in June 2013, Samuel was diagnosed with autism and sensory processing disorder."

Straw was also a voice of encouragement as the Smith family pursued other therapies appropriate to Samuel's needs. Now, at age four, Samuel receives occupational, speech, and aqua/physical therapy.

Samuel started speech therapy with Alisha Kleindel SLP because he wasn't talking functionally. He wasn't able to adequately express general needs and wants, or engage in conversation with children his age. Smith wrote, "and he started aqua therapy for his gross motor issues and sensory processing disorder."

"These therapies have been such a blessing for Samuel," Smith says. "He is learning how to dress himself and hold a pencil. He now does yoga for body awareness, and works at exercises that teach him to use both of the sides of his body together. He's walking on flat feet instead of on his toes, and learning how to hold utensils so he can feed himself (still a work in progress). He's learning to deal with his sensory overload, gradually coming out

of his socks or allowing his hands to be dirty for a few minutes."

"Moreover," Smith says, "we have been



taught how to do these exercises at home with Samuel. The opportunities this has brought to us are totally life changing. Where once we felt challenged and frustrated by not knowing how to deal with Samuel's issues, we are now able to play with Samuel on his terms and enjoy just being together. We are learning to see Samuel's world as he gradually learns to see ours."

"There is so much information out there that says early intervention is key to the success of children with autism," Smith says. "It's 100 percent true. Samuel's development has tripled since we started with Island Hospital therapy."

Samuel's therapy team has changed not only my son's life but also my and my husband's lives," Smith says. "Samuel was simply unable to function before, but he's learned how to ask for our help – that's huge! – and, without a meltdown. When his hands get dirty, he can go on with his play while we go on with our day."

Smith says this has been made possible only because of the dedicated work of the Island Hospital therapy team: Angela Straw OT, Alisha Kleindel SLP, Sheryl Kylo PT and Tracy Schlegel PT – Samuel's aqua and physical therapists. "The front desk ladies who always high-five Samuel and treat him like he is the best kid in the whole world," Smith adds, "and the insurance ladies who make sure that Samuel has only minimal interruptions during his therapy when trying to get claims processed efficiently – this group of people has changed our lives."

"My hope," Smith says, "is that anyone reading this and has gone through or is going through the experience of raising a child with autism or any developmental issues will know that Island Hospital therapy is definitely the place to start. As a mother, I have no words to say thank you to the people who have changed my son's and my life in ways they will never know."

Speech/Language Therapist Alisha Kleindel (right) has helped improve the communication skills of patient Samuel Smith (held by mother Helen).



Young patient Samuel Smith works with Occupational Therapist Angela Straw.

CSI continued from Page 8

care to participate in the program and meet three main objectives:

- Demonstrate the components of innovative project management.
- Develop, plan and implement an innovative project that targets patient/family or clinical outcomes on the unit.
- Create measurable improvements in patient/family, clinical, organization and fiscal outcomes.

Team coach, IH Chief Patient Care Executive Denise Jones RN, MN, said, "The CSI team chose as their project improved communication through the use of bedside shift report, wherein the off-going nurse hands off a written summary of the patient's current physical and emotional status but also verbally relays the information to the

oncoming nurse, the patient, and often family members. This process affords the oncoming nurse and patient a more complete picture and invites patients and family members to ask questions and gain a better understanding of their care plan."

IH's CSI team consists of Robin Catlin RN; Carie McFarlin RN, BSN; Clarisa Shook RN, BSN; and Erin Flanagan RN, BSN.

"The team has already put in many hours attending the CSI training, meeting together to plan their project, being on-site to inform staff and implement the project," said Jones. "This is a great opportunity of benefit to these nurses, the hospital, our patients and their families."

The project results – measured by methods that include tracking communication errors, patient satisfaction scores and the amount of overtime accrued at shift change – will be presented to the CSI Academy in January 2016.

Effects of alcohol, marijuana on the developing brain

Human brain development begins in the third gestational week and extends well beyond late adolescence, arguably throughout the lifespan. Incidences of alcohol and/or marijuana addiction at birth aside, today's youth are generally first exposed to alcohol and marijuana during adolescence – sometimes earlier. This is a time when brain maturation is most vulnerable to insult and impairment caused by brain-altering chemicals, such as the intoxicating elements of ethanol contained in alcohol and delta-9-tetrahydrocannabinol (THC), the main active chemical found in marijuana.

As nearly every region of the brain is affected by alcohol and THC in terms of both development and function, I cast a spotlight on only a few areas in this column.

Cerebral Cortex

This region governs memory, thinking, perceptual awareness and consciousness.

Heavy alcohol use (defined as having five or more drinks on the same occasion for males, four or more for females on each of five or more days in the past 30 days) can cause structural abnormalities, such as a smaller or shrunken-brain region compared to non-drinkers. Alcohol consumption also causes a decrease in blood flow to the frontal lobe. The user's senses will be dulled, which can cause blurred vision, decreased hearing, and impaired smelling and tasting. The person may also experience a decrease in language, thinking and reasoning skills. Prolonged and excessive alcohol use during teen and younger years can result in a smaller prefrontal cortex and reduced brain white matter as young adults.

THC attaches to specific sites throughout the brain, called cannabinoid receptors. The cortex has a high concentration of these receptors, especially in areas responsible for sensory perception (touch, sight, hearing, taste, and smell). THC activates cannabinoid receptors leading to altered sensory experiences. THC also affects the prefrontal cortex by changing the normal patterns of blood flow and impairing decision-making abilities. Also, malfunctions in the prefrontal cortex are believed to contribute to schizophrenia. This could explain why some people who use marijuana may have increased risk of schizophrenia later in life.

Limbic System

The limbic system contains numerous structures, a few of which are:

- The nucleus accumbens – our brain's reward circuit that allows us to feel pleasure from doing things we like.
- The hippocampus – important for processing and storing new information and experiences, basically memory.
- The hypothalamus – regulates such activities as blood pressure and heart rate, thirst, appetite, sleep, metabolism, breathing, body temperature and hormones essential to healthy growth, development and reproduction.
- The amygdala – governs expression of emotions, especially anger and fear.

Heavy drinking can reduce the size of the hippocampus. It also damages the brain white matter, the tissue through which messages are transmitted throughout the brain. Adolescents are still forming connections between nerve cells that play a role in memory, and alcohol can disrupt the normal development of these connections. Alcohol use can also affect the healthy function of the hypothalamus, resulting in low testosterone and altered levels of other hormones that are important for the functions listed above.

THC activates the nucleus accumbens, causing the "high" associated with its use. It also is shown to disrupt the function of the hippocampus; in

fact, recent studies in both animal and human subjects indicate that exposure to marijuana during brain development can cause long-term or possibly permanent adverse changes in the brain. A large, longitudinal study has found that frequent and persistent use of THC starting in adolescence is associated with loss of an average of eight IQ points. It is significant to note that those persons who used marijuana heavily in their teens and quit



Les Richards MD

using as an adult did not recover the lost IQ points; whereas, those who began using marijuana heavily in adulthood did not lose IQ points. This strongly suggests that use of THC has its most deleterious long-term impact on young users whose brains are busily developing in otherwise normal ways. THC also interacts with receptors in the hypothalamus, interfering with its above-listed functions and contributing to insomnia.

"More research is needed, but it is clear that marijuana use in adolescents puts them at risk for loss of intelligence and concerning changes in the brain," said Pediatrician Les Richards MD, Fidalgo Medical Associates.

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Program ensures that No One Dies Alone

No One Dies Alone (NODA) is a program borne of Sandra Clarke RN, who in 1986 had the heart-wrenching experience of having a gentleman, one of her seven patients, die while she was tending to the other six. The gentleman had asked her, "Will you please stay with me?" She promised she would, but by the time she returned to his bedside, he had passed away.

NODA is a program that ensures that no one in the hospital will ever be alone near or at the end of life. Someone will be there to care and comfort; hold the hand that is seeking connection to the living; read, play music or sit silently in vigil through the very end.

At Island Hospital (IH), NODA is under the direction of Pastor Doug Fakkema, IH Pastoral Care Coordinator.

"We have approximately one dozen compassionate companions (the term given to NODA volunteers)," Fakkema said, "who are ready to come alongside Island Hospital

patients who otherwise would be alone at the end of life."

All compassionate companions complete both IH volunteer and NODA training and are able to provide a ministry of presence and dignity to the patient that live out the IH Promise of meeting the emotional and medical needs of its patients. They share a passion for meeting the needs of the most vulnerable in our community and have a heart for pastoral-care ministries.

The first step for anyone interested in becoming a compassionate companion is to complete the IH volunteer process, available online at www.islandhospital.org/volunteer-applicationprocess or by contacting IH Volunteer Coordinator Jennifer Van Dyke at (360) 299-1371.

For more information about NODA, please contact IH Pastoral Coordinator Pastor Doug Fakkema at (360) 202-1699.

WARNING: Don't overlook Medicare Part B coverage!

There are many decisions to make when selecting Medicare plans. Often, beneficiaries (Medicare subscribers) make the decision to not sign up for Medicare Part B, which can leave many medical expenses uncovered and the responsibility of the patient. In addition, the premium can be higher if the beneficiary didn't sign up for Part B when he or she became eligible.

Part B covers some very important services including doctors, hospital observation care, outpatient surgery and all therapy services. Medicare Part A covers inpatient Island Hospital stays and Home Health services.

"We've been seeing instances where Medicare patients were not covered for observation," said Paula Fors, Director of the Island Hospital Business Office. "For the small added premium of Medicare Part B, thousands of dollars in out-of-pocket expenses could be saved."

In fact, a statement on the Centers for Medicare & Medicaid Services (CMS) website (www.cms.gov) warns:

Caution: If the beneficiary didn't take Part B when they were first eligible, the cost of Part B will go up 10% for each full 12-month period that they could have had Part B but didn't sign up for it, except in special cases. They will have to pay this penalty as long as they have Part B.



What is an *observation stay*?

During an observation stay, the patient is kept in the hospital for monitoring and care. The criteria that determines whether a patient is classified as observation or inpatient is set by Medicare. Observation stays can last anywhere from a few hours to a few days and are covered under Medicare Part B. Patients need to be aware that being in a bed, in a hospital, does not guarantee that the stay meets criteria to be classified as inpatient.

For more information, please check your *Medicare & You* handbook or call the Statewide Health Insurance Benefits Advisors (SHIBA) at Island Hospital, (360) 299-4212.



Patient Johnathan Redford tests an electric wheelchair under the watchful eyes of POST Director Ilima Shaw and Assistive Technology Professional Andrew Birney of Bellevue Healthcare.

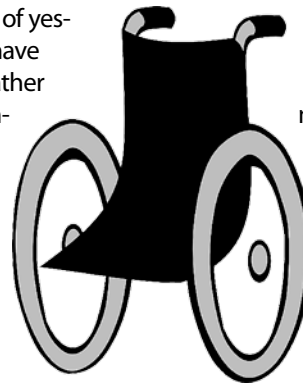
The right wheelchair with the right fit

No longer the clunkers of yesteryear, wheelchairs have come of age. They liberate, rather than confine, and are customized specifically for each individual's diagnosis, size, weight and physical requirements.

Ilima Shaw PT, Director of Physical, Occupational and Speech Therapy (POST) at Island Hospital, works with the prescribing physician and durable medical-equipment provider in determining the proper wheelchair components that will afford optimal function, safety, comfort and independence.

"Every person deserves to have a wheelchair that is appropriate for his or her particular needs," says Shaw. "At any age, the ability to mobilize safely, independently and comfortably is a primary concern, and today's advanced technology allows for just the right fit."

The first step in wheelchair fitting is an in-home accessibility evaluation, which not only aids in determining whether home renovations are needed or safety issues resolved but also the chair's turning radius,



height and width requirements for safe and independent living.

Patients are then evaluated for multiple items such as muscle strength, range of motion, standing and sitting balance, presence of incontinence, health and density of skin tissue; and the patient is measured to determine seat width and depth, overall chair width and depth, seat and back height, and footrest length.

Insurance providers have strict requirements, and all chair customizations must meet their criteria. To assist in this, POST and the prescribing physician advocate for the patient, providing justification for their recommendations through the final sign-off.

"While the time from fitting through authorization and fabrication can be lengthy," says Shaw, "my reward is seeing that smile of excitement when the patient first gets into their new chair and is able to be independent and mobile again."

For more information about customized wheelchair fitting, talk with your physician or call Ilima Shaw PT at POST, (360) 299-1328.

More than 50,000 die each year of colorectal cancer despite screenings for early detection

Colorectal cancer is the third leading cause of cancer-related deaths in the U.S. according to the American Cancer Society (ACS). The incidence of colorectal cancer increases with age and although screenings are available for early detection it's often diagnosed at a later stage when treatment is more challenging.

The Island Hospital Cancer Program conducted a study to determine the late-stage and metastatic (when cancer cells have migrated to another part of the body) colorectal-cancer incidence rate for the years 2009 through 2013. In addition, the study evaluated the IH program's treatment compliance with national guidelines for the study group. The guidelines recommend, when appropriate, chemotherapy for the treatment of advanced and metastatic colon cancer.

The study showed 47% of patients diagnosed with colon cancer had late stage or metastatic disease. Patients ranged in age from 47 to 96, with 69% being over the age of 70 at diagnosis. Both age and stage-at-diagnosis were found to be consistent with the national statistics.

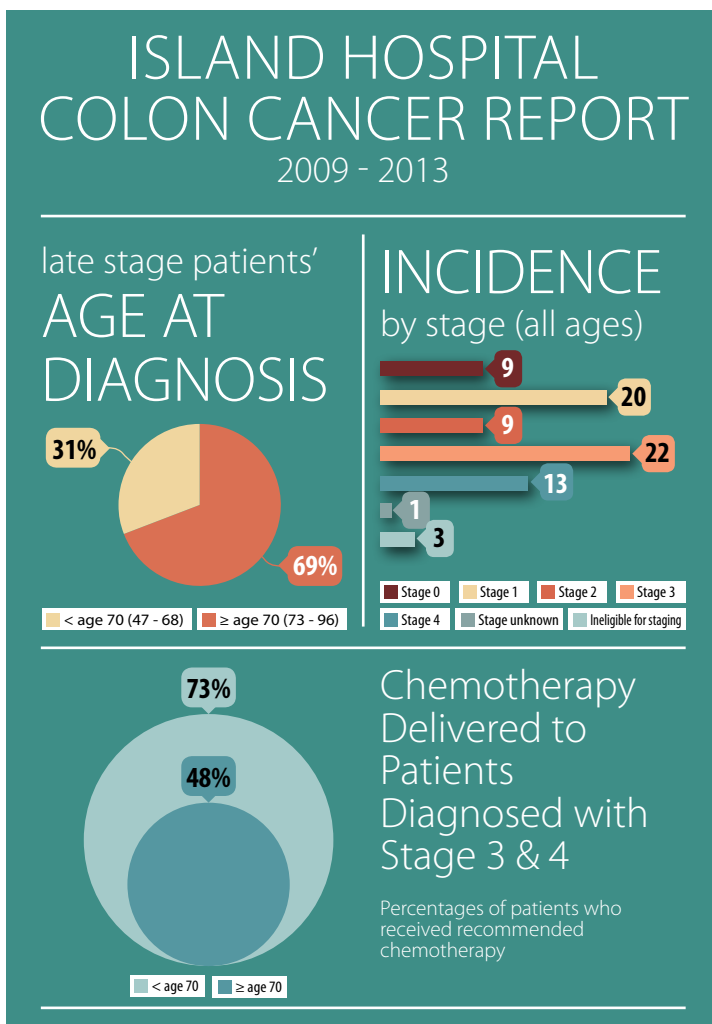
The majority of patients under age 70 received the recommended chemotherapy compared to less than half (48%) of the patients older than 70. The patients that didn't receive therapy either declined treatment or it was determined treatment would do more harm than good due to factors such as age and/or poor health status.

Colon cancer is consistently one of the top five sites diagnosed and/or treated at Island Hospital and is approximately 7% of all cancer diagnosed and/or treated at the facility annually.

Island Hospital offers free colon screenings annually, the last one held March 17, 2015. Fecal occult blood-test (FOBT) kits were provided to community members regardless of their insurance coverage or income level. Participants returned kits for testing free of charge and were subsequently notified of the test results. The participants' primary-care providers were notified if test results were positive. The 2015 screening had 37 kits handed out, with 86% returned for testing. Only one tested positive for hidden blood and the participant and provider were notified.

Colorectal-cancer risk factors include obesity, age, poor diet, and unhealthy lifestyle. For more about colorectal or other cancer-related topics, visit the ACS website at www.cancer.org.

The Merle Cancer Care Center at Island Hospital provides state-of-



the-art pretreatment, staging, treatment and clinical follow-up for cancer patients and is fully accredited by the Commission on Cancer of the American College of Surgeons. The Center is located in the Medical Arts Pavilion on the east part of the Island Hospital campus. For information call (360) 299-4200.

Strollin' through the colon at Mt. Erie Elementary



The June field day at Mount Erie Elementary School in Anacortes featured the Strollin' Colon, an inflatable, walk-through model of a human colon to help educate and promote healthy lifestyles. The display is one component of community outreach presented by the Merle Cancer Care Center (MCCC) at Island Hospital. MCCC Patient Navigator Kelsey Jenison and Island Hospital Community Health Education Department intern Julie Dahlen facilitated the presentation on colon cancer and colon health for very interested students.

The Strollin' Colon provides a hands-on experience to show the difference between healthy colon tissue and the varying stages of colon cancer. Colon cancer is the third most common cancer in men and women according to the U.S. Centers for Disease Control. Prevention begins with healthy habits, including a diet rich in fruits and vegetables and regular exercise.

“Biggest Loser” wins!

In a five-month race to the finish line, Certified Instrument Technician Carrie Shelton took 1st place in the IH Surgical Services Department’s Biggest Loser slim-down contest.

Shelton shed nearly 40 pounds and 16% of her body weight during the contest where every loss counted towards a win and every pound peeled was greeted by tons of encouragement and support.

Eleven contestants took part in the March 3 to Aug. 10 event that was spearheaded by department Director Steve Burton RN, CNOR. Each contestant submitted an entry fee that was matched by Burton, and the top three losers had created enough room in their scrubs to pocket the extra change.

“I had never wanted to be thought of as a ‘loser’, but now I find it humbling,” Shelton said. “Ten years ago, I tipped the scale at over 300 pounds, and my doctor told me that unless I dropped some weight – and especially with my family history – I was sure to die an early death. My family and friends mean so much to me. I swore I wouldn’t let that happen.”

Utilizing various diets, Shelton dropped 70 pounds in the ensuing years. “But I wasn’t able to maintain those diets that called for 24/7 changes in my lifestyle and social relationships,” she said. “I felt depressed. I got counseling. But I didn’t know what else to do. Then, Steve started this contest. It was just the boost I needed, and at just the right time.”

Shelton consulted with her physician before beginning her new, sustainable diet-and-exercise regime and benefitted from regular checkups along the way. She plans to continue her program – in which she is losing one-to-two pounds per week – until she drops another 40 pounds and reaches her ideal weight.

“There is a long road ahead,” Shelton said, “yet I feel empowered to reach and maintain my desired weight. The difference I feel in my mental, physical and emotional health is totally amazing.

“I want to especially thank my contest team leader, Jean Ruefa, who is and has been totally amazing,” Shelton continued. “I’ve been inspired and energized by all of my IH colleagues, and my faith has also played a large part in helping me to see that becoming a loser means acknowledging the winner I am meant to be for the sake of myself and others.”



Pastoral Care at Island Hospital

Hats off to Volunteer Chaplain Sandy Tucker!

After five years of inspired and inspiring service, Sandy Tucker retired from our volunteer chaplain program in July.

“Sandy had a significant impact on our pastoral care work here at IH,” said Pastoral Care Coordinator Pastor Doug Fakkema, “and was integral in the development of our successful Grief Support Group. Though her unique warmth, wisdom and gentle humor will be missed, the gift of herself she has given and the seeds she has planted continue to grow fruit.”

Thank you, Sandy Tucker!



Sandy Tucker with former Pastoral Care Coordinator and current Volunteer Chaplain Chris Anderson (left) and Pastoral Care Coordinator Doug Fakkema.

Caring for the Caregiver Pastoral Care Summit

Island Hospital’s Pastoral Care Department invites caregivers and those who care for them to a no-host luncheon to address the challenges facing caregivers in today’s society. A roundtable discussion of needs and resources will be followed by a presentation on making caring for the caregiver a priority. A tour of the facility with the resources

Early Detection Is Your Best Protection



Have you had your mammogram this year?

The American Cancer Society recommends that women age 40 and older should have an annual mammogram. Performing monthly breast self-examination and having regular clinical breast examinations is also an important part of your breast health!

Make Your Appointment Today!

360-299-1315

ISLAND HOSPITAL
1211 24th St., Anacortes • www.islandhospital.org

offered at Island Hospital will be included. Feel free to bring your lunch. To RSVP or for more information, call 202-1699 or email dfakkema@islandhospital.org.

When: Thursday, Oct. 29, Noon – 2 p.m.

Where: Cypress Room

Cost: Free

Health & Wellness

Classes, Screenings & Support Groups

Prepayment is required.

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



THREE EASY OPTIONS FOR REGISTRATION

- Visit www.islandhospital.org/classes
- Email communityed@islandhospital.org
- Call (360) 299-4204

Classes

ADVANCE HEALTHCARE DIRECTIVES

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, Jan. 11, 10 – 11 a.m.

Where: Fidalgo Room

Cost: FREE

BIRTH AND BEYOND

Childbirth Education Class



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

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

When: Tuesdays, Nov. 3 – Dec. 8, 6 – 8:30 p.m.

Tuesdays, Jan. 5 – Feb. 9, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

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

Weekend Childbirth Education

This two-day class is for those unable to attend the six-week session. Prenatal nutrition, stages of labor, coping techniques, pain relief options,

breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVD's and hands-on practice. Class must meet minimum registration requirements to be held.

When: Sat. & Sun., Dec. 5 & 6, 10 a.m. – 6 p.m.

Sat. & Sun., Feb. 6 & 7, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

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

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, Nov. 16, 5 – 6:30 p.m.

Monday, Jan. 25, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$10 (covered by Apple Health)

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

Car & Booster Seat Clinic



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

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

When: Thursday, Dec. 10, 2 – 4 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

CANCER CARE RESOURCES

Look Good...Feel Better

This class is a free, national service that teaches techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Each two-hour session is comprised of hands-on demonstrations of the 12-step skin care and make-up program, proper care for nails and instruction on options related to hair loss, including use of wigs, scarves and other accessories. Each participant receives a free kit of cosmetics donated by the cosmetic industry. A minimum of 3 participants is necessary to hold the class. This program is sponsored by the American Cancer Society along with the Personal Care Products Council and National Cosmetology Association.

When: 3rd Monday of each month, 1 – 3 p.m.

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Registration: 299-4200

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty or stent placement in the past year, this monitored exercise program will help you increase your endurance and provide you with the necessary education you need to make lifestyle changes for better cardiac health. Call 299-4242 for more information.

Pulmonary Rehabilitation

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



Classes, Screenings & Support Groups

DRIVER'S SAFETY

AARP Smart Driver

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

When: Thursday & Friday, Nov. 12 & 13, 9 a.m. – 1 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Jack Porter

HEALTH INSURANCE

Medicare Open Enrollment

Learn about your choices for Medicare during open enrollment. Prescription drug plans (Part D) and Medicare Advantage Plans available in Skagit County will be discussed. Includes a demonstration of the www.medicare.gov website.

When: Tuesday, Oct. 27, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

Medicare 101: Understanding Your Medicare Choices

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

When: Monday, Jan 11, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA Volunteer

PHYSICAL THERAPY PROGRAMS

Life & Therapy After Joint Replacement Surgery



For those planning on having a total knee or hip replacement, join an occupational therapist to get answers to your questions about returning to an independent lifestyle after surgery. Post-operative exercises and

adaptive equipment will be discussed. Hilary Walker is an Occupational Therapist at Island Hospital.

When: Tuesday, Oct. 13, 1 – 2:30 p.m.

Tuesday, Nov. 10, 1 – 2:30 p.m.

Tuesday, Dec. 8, 1 – 2:30 p.m.

Tuesday, Jan. 12, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Hilary Walker OT

Osteoporosis: Exercise and Nutrition



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

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

When: Wednesday, Jan 6, 3 – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Linda Lewis PT & Suzie DuPuis RD

Urinary Leakage



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

help prevent urinary leakage.

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

When: Thursday, Jan. 7, 10 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington PT

SELF-CARE

Essential Oils for the Mind, Body and Soul



Come learn how to make simple, effective and beautiful smelling oil blends. Smell a variety of scents and learn to create a blend specifically to meet your needs to take home.

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

When: Tuesday, Oct. 20, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Chronic Pain Management



Join Pain Specialist Geoffrey Godfrey ARNP of the Center for Pain Relief & Supportive Care at Island Hospital, for a five week course that will provide an overview of chronic pain management. Topics covered

include a variety of proven methods that successfully help many individuals live with chronic pain such as an anti-inflammatory diet, guided imagery, non-invasive therapies and more. Includes guest speakers on topics of biofeedback, massage, EMDR and more.

When: Wednesdays, Oct. 21 – Nov. 18, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25

Instructor: Geoffrey Godfrey ARNP

Meditation for Everyday Living



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

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

When: Mondays, Nov. 2 – 16, 2 – 4 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Type II Diabetes



Learn what you can do to help reverse the progression of diabetes, including information on food selection and exercises you can do at home.

Jan Priggee is a registered nurse in the Cardiopulmonary Care

Center at Island Hospital.

When: Tuesday, Nov. 10, 10 a.m. - noon

Where: Fidalgo Room

Cost: FREE

Instructor: Jan Priggee RN

Classes, Screenings & Support Groups

Navigating Health Challenges



Learn how to be a health-care advocate for a friend or family member facing health challenges to help them navigate the healthcare system. Become skilled at how to listen to your loved one and help them ask the

questions they need to know the answers to in order to make informed decisions about their care. Includes handouts.

Karen Huber is a former registered nurse and environmental health engineer, as well as a certified mediator and healthcare advocate.

When: Wednesday, Dec. 9, 2 – 3:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Karen Huber

Natural Skin Care

Learn to make luxurious skin and haircare products using essential oils, jojoba oil, borage seed oil and more. Demonstrations include facial and eye treatment blends, sea salt and sugar scrubs and hair treatments. Create your own skin or hair blend to take home or give as a gift! Recipes included. See "Essential Oils for the Mind, Body and Soul" for instructor's information.

When: Tuesday, Dec. 15, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Beyond Eating Less and Exercising More



Join Naturopathic Physician Alethea Fleming of the Vital Aging Clinic to learn ways to strategically lose weight without the use of pills or supplements. Learn how the timing of meals can be just as important as

what you eat, the smartest way to exercise and how your environment plays a role in your weight.

When: Thursday, Jan. 7, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

Health Information on the Internet

Learn the benefits and pitfalls of using the Internet to find health information. Explore a variety of health related websites and learn how to find reliable websites and avoid those that might not be accurate. Will include discussion of medical center sites, blogs, online support groups, etc. while looking at the potential motivations behind some sites that may create an information bias. Includes handouts of guidelines and a list of reliable websites.

See "Navigating Health Challenges" for instructor's information.

When: Wednesday, Jan. 20, 2 – 3 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Karen Huber

SPECIAL EVENTS

Caring Conversations Dinner

Did you know that 90% of people surveyed think it's important to talk about their end of life wishes, but less than 30% actually have? Join staff from Hospice of the Northwest for an intimate dinner and conversation about end of life planning. Space is limited and registration is required. A complimentary dinner will be served.

When: Monday, Nov. 9, 5:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

WEIGHT MANAGEMENT

Overweight?

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

Weight Watchers™

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

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

Where: Island Hospital Cypress Room

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

Contact: Marcee, (360) 391-8994

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

Lifeline

Island Hospital Lifeline is an easy-to-use personal response system that allows older adults living at home to get quick assistance whenever it is needed. Participants press their waterproof Personal Help Button whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached at 293-7563 or jinsull@islandhospital.org.

SHIBA HelpLine

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

Anacortes Teen Clinic

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

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes

Support Groups

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

Art & Healing for Cancer Patients

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

Breathe Better

3rd Tuesday, 1 – 2 p.m.
Burrows Room
Contact: Jim, 299-4242

Chronic Pain

2nd Wednesday, 3 – 4 p.m.
Burrows Room
Contact: 299-4926

Grief

Every Wednesday, 3:30 – 5 p.m.
Guemes Room
Contact: Doug, 202-1699

Mended Hearts

Last Thursday, 11 a.m. – noon
Fidalgo Room
Contact: Ollie, (360) 671-2208

Parkinson's

3rd Thursday, 1:30 – 3 p.m.
Fidalgo/Burrows Rooms
Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. – noon
Fidalgo Room
Contact: Carl, 299-3892

Restless Leg Syndrome

Sat., Nov. 14, 10 a.m. – noon
Fidalgo/Burrows Rooms
Contact: Charlotte, 293-7328

OTHER ANACORTES SUPPORT GROUPS

Alzheimer's Association - Caregivers

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

Kidney

Tuesday, Oct. 20, 1 p.m. (meets quarterly)
Anacortes Senior Activity Center
1701 22nd St., Anacortes
Contact: 293-7473

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



Ashley Byer, car-seat technician from Safe Kids Northwest inspects a car seat for proper installation, with extra cooperation from Corbin Zaugra.

Be sure child car seats are properly installed, used



Did you know that 73% of children's car seats are not used or installed properly? That correctly used car seats can reduce the risk of death by 70%?

Nationally trained car seat technicians from Safe Kids Northwest, a national non-profit agency focusing on child safety, hold regular car seat clinics throughout Skagit, Whatcom and Island counties to help parents, caretakers and grandparents make sure their seat is safe, correctly installed and being used correctly.

Island Hospital hosts a car-seat clinic the second Thursday of every even-numbered month from 3 to 5 p.m. (with December's clinic open from 2 to 4 p.m.) at its 24th Street parking lot. Parents and other caregivers can drop in and a technician will answer their questions and inspect the seat as well as offer tips and demonstrations to help achieve correct installation and usage. The next clinic is Thursday, Dec. 10 from 2 to 4 p.m. Call (360) 299-1309 for more information. For a schedule of other local clinics, visit "Safe Kids Northwest" on Facebook or call (360) 661-7417.

Did you know car seats have an expiration date? Some seats have an expiration date imprinted on the seat or on a label; others have just a manufacturer's date. (Refer to your user's manual to determine when it will expire.) Once a seat has expired, it should be disposed of. Also, if you are in a collision most seats require replacement; consult your user's manual for guidelines.

For more information on car seat safety, visit www.safercar.gov.

Washington State requires all children up to their 8th birthday ride in a child restraint unless they are at least 4 ft. 9 in. tall; and children under 13 must ride in the back seat. Beyond the law, optimal safety recommendations are to keep your child facing the rear of the vehicle until 2 years old, harnessed until five years and in a booster until 4 ft. 9 in. and the adult seat belt fits properly (generally ages 10 to 12 years).

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

Classes, Screenings & Support Groups

Health Screenings

Sponsored by the Island Hospital Foundation



Ongoing Blood Pressure Checks

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

Every Wednesday, 9 a.m. – noon
Anacortes Senior Activity Center

Last Tuesday of the month, 9 – 10:30 a.m.

Cholesterol & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only. Your results will be sent to you in the mail. No appointment required. First come, first served. Call 299-1309 for questions.

When: *Tuesday, Oct. 13, 8 – 11 a.m.*

Tuesday, Jan. 19, 8 – 11 a.m.

Where: *Island Health Resource Center*
Cost: \$10

Bone Density Screening

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

When: *Tuesday, Oct. 20, 9 – 11 a.m.*

Tuesday, Jan. 5, 9 – 11 a.m.

Where: *Island Health Resource Center*
Cost: \$5

Vitamin D Screening

Now only \$30! This screening will determine the level of Vitamin D in your blood. Studies have shown that low levels of Vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions. Your results will be sent to you in the mail. Appointments are required!

When: *Tuesday, Oct. 27, 9 – 11 a.m.*

Where: *Island Health Resource Center*

Cost: \$30

Clinical Breast Exams

During this screening, Nora McMillan ARNP of Island Family Physicians will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required!

When: *Wednesday, Oct. 28, 8 a.m. – noon*

Where: *Island Health Resource Center*

Cost: *FREE*

2014 Breast Screening Results: 8 people participated; none had anything suspicious.

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, Nov. 3, 9 – 11 a.m.*

Tuesday, Jan. 12, 9 – 11 a.m.

Where: *Island Health Resource Center*

Cost: *FREE*

Balance Screening

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

When: *Wednesday, Nov. 4, 10:30 a.m. – 12:30 p.m.*

Where: *Physical, Occupational & Speech Therapy at Island Hospital*

Cost: *FREE*

Pulmonary Function Screening

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

When: *Tuesday, Nov. 10, 8 a.m. – noon*

Where: *Island Health Resource Center*

Cost: *FREE*

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-1367

Swallow Screening

Concerned about your swallow? Do you cough or clear your throat frequently when eating or drinking, have wet sounding vocal quality, have congestion with repetitive colds or pneumonia, have difficulty with chewing and/or require multiple swallows with bites or sips? If you are experiencing one or more of these symptoms meet with a Speech Language Pathologist to determine if you might have a swallowing disorder. Appointments are required!

When: *Wednesday, Dec. 2, 9:30 – 11:30 a.m.*

Where: *Physical, Occupational & Speech Therapy at Island Hospital*

Cost: *FREE*



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

Please give blood at Island Hospital

**Monday,
December 21
10 a.m. - 4 p.m.**

Fidalgo/Burrows Rooms

Call 299-1309 for an appointment or info.

Island Hospital Foundation welcomes three new members to its Board of Directors. The 21-member Board provides oversight and community representation for development of the Foundation's operations, strategy, fundraising events and contributions.

Norm Allan

With more than 40 years' experience in corporate- and governmental-accounting management and systems analysis – including 15 years as executive vice president for an investment management firm that grew its dollars under his management from \$800 million to \$13 billion – Norm Allen brings strong business-practice and finance skills to the IHF Board. Allan finds reward in giving back to community and recognizes Island Hospital's importance here. He and his wife Barbara, a volunteer in outpatient surgery, have lived in Anacortes since 2006.



Jamie Cromack PhD

Chief Operating Officer for Synergy Sports Technology, Jamie Cromack brings extensive experience in communications and communications technology to the Board. She has worked at Microsoft Research supporting innovative uses of technology in higher-education classrooms and was an instructional professional at Arizona State University in the College of Education and the Walter Cronkite School of Journalism and Mass Communication. Citing Island Hospital's mission and its importance to the health of our community, Cromack looks forward to contributing to the worthy efforts of the Board.



Meredith Machin

Meredith Machin finds joy and purpose in service organizations which promote the goals of education and health. Past and present leadership positions in P.E.O. (an international women's philanthropic and educational organization), Seattle Children's Hospital guild, the American Association of University Women and the Anacortes Schools Foundation have fostered her appreciation for the quiet conversation that builds bridges, creates clarity and nurtures an atmosphere of trust and accomplishment. Meredith and her husband Rick, a retired NCIS special agent, chose Anacortes for their forever home in 1998.



Update on Island Hospital Foundation

By Dr. Mark Backman, Board President

I would like to take this opportunity to thank and honor the support, compassion, and dedication we have seen this past year from our community. Contributions to the Island Hospital



Foundation benefit our local hospital and contribute to our vibrant and healthy community. I would like to share with you some important developments from within the Foundation as our work is directly supported by you to the benefit of our local hospital and this community.

The Foundation has undertaken significant restructuring within the past year. Last fall we had to face the theft of funds by a Foundation staff person. We recently received an insurance payment of \$256,128, which represented the recovery of 90% of the identified loss from this theft as determined by our forensic accountant and our attorney. To thank you for your continued support, in our annual appeal this holiday season, we will use \$50,000 of this recovered money to match your gift, dollar-for-dollar, to any Island Hospital department or program of your choice, doubling the impact of your gift. The remainder of the money the Foundation

will use to continue to fund our ongoing commitments to Island Hospital and our community, and any further balance will be added to our endowment investment account. The endowment primarily has been providing funds each year for the construction of the Medical Arts Pavilion which houses the Merle Cancer Care Center; Physical, Occupational & Speech Therapy; and the Wound Care Center & Hyperbaric Medicine Center.

We also want you to know that the Foundation has

- developed thorough and extensive new internal controls for finance.
- trained new staff members.
- worked with an outside bookkeeper.
- engaged and maintained a strong working relationship with our CPA firm.
- updated our policies and procedures to create a platform for success.
- met all of our financial responsibilities over the past year.

In my work as a physician here in Anacortes, I am reminded often of the good that donors have helped to make happen. Last year over \$500,000 was directed to Island Hospital via the Foundation to help to pay for equipment and programs which improve the health and well-being of our community members. Again, thank you very much for your continued generous support.

Remembering

May 1 through Aug. 31, 2015

IN MEMORY OF:

Elgin Edwards

Larry Heiner

Leanne Huntley

Chris Jackson

Marsha Mellana

Donna Reisner

IN HONOR OF:

Dr. Prins & Team

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*

**For Information call
(360) 299-4201**

Golfers take to the greens

Celebrating its 14th year, the annual Island Hospital Golf Classic – hosted by the Skagit Golf & Country Club – provided a day of sport, grossed more than \$96,000 and established a lasting tribute to its founder. Tournament proceeds help support health screenings and charity care at the hospital and fund new equipment and technologies that improve patient experiences.

Representing the Island Hospital Foundation, Board of Directors President Mark Backman MD took the podium during the post-tournament program to announce that the championship (low-gross score) team would receive the Vince Oliver Cup in tribute to Island Hospital CEO Oliver, who started the tournament in 2002. In its 14 years, the Classic has earned more than \$1.2 million.

“I extend my personal thanks to the Foundation Board for this great honor,” said Oliver. “I also must extend a special ‘thank you’ to each and every one of the dedicated volunteers who help to make the Island Hospital Golf Classic a success year after year.”

2015 Golf Classic winners

1st Place Gross - Kibble & Prentice

Mike Van de Veldon
Marty Andrews

Gary Baldrige
Mitch Baldrige



Vince Oliver Cup – IH CEO Vince Oliver (second from left) presents IH Golf Classic Championship trophy to members of the Kibble & Prentice team (from left) Marty Andrews, Mitch Baldrige and Gary Baldrige.

1st Place Net - Hibu

Derek Kingry
Thanh Ale

John Michael Coles
Hershel Vandever

IHF selects Madison MacKenzie as Development Assistant



Development Assistant Madison MacKenzie has hit the floor running – as was anticipated by Director Jeannette Papadakis when selecting Mackenzie from a number of highly qualified candidates to fill the job.

“Being from Anacortes (MacKenzie’s mother works at IH’s Merle Cancer Care Center), Maddy has a heart for our mission to serve our community,” Papadakis said. “She is assiduous and genuine. Her excellent skills are matched by her complete sincerity.”

An irrepressible self-starter, MacKenzie earned her Bachelor’s degree in international studies: economic development & human rights (with a Spanish language focus) from the University of Washington in 2012. Feeling there was a gap in her education, she undertook writing a book to address that need. The result was *From This Spot: A Practical and Theoretical Exploration of International Nonprofit Organizations*, written with the assistance of her professor at the time.

“The book holds great information for national nonprofits as well,” Papadakis said.

During the summer of 2012, MacKenzie interned for The Borgen Project – an influential, national campaign that fights global poverty. In this (unpaid) capacity, she served as regional director/program officer, coordinated the search committee for the board of directors, managed and scheduled a weeklong Washington, DC-lobby trip, and served as chief of donor engagement and outreach as well as donation processing.

Papadakis first encountered MacKenzie in the summer of 2014, when she volunteered to work with Summer Learning and Lunches, a

program that provides free lunch, literacy activities and books to take home for children and their parents living in five public housing sites across Anacortes. MacKenzie served as site director, assistant project coordinator.

“I was impressed with Maddy’s organizational and interpersonal skills,” Papadakis said. “Her dedication and authenticity were striking. We could not know then that we would be working side-by-side again – this time, to benefit the IH Foundation.”

MacKenzie earned her certification in teaching English as a second language from Oxford Seminars in 2012, yet she had already honed her Spanish-speaking skills while volunteering for Hijos De La Luna in Oaxaca, Mexico, where she worked with the children, set up games and activities, cleaned and helped write donor letters. In 2012, as finance and fundraising coordinator for the Latin American & Caribbean Studies Student Association (LACSA), she organized and allocated finances for the 2012 LACSA conference – which included coordinating three fundraising events prior to the conference and all of the budgeting. She comes to IHF from English as a Second Language International, where she served as admissions specialist/marketing.

MacKenzie expressed both excitement and gratitude. “I am surrounded by such positive people,” she said. “Within the Foundation, there are so many who share a great amount of hard work, mutual respect and gained wisdom. I feel truly fortunate to be here.”

“The IH Foundation has gained the support of a person who has a variety of great experience and affinity for our community,” Papadakis said. “Maddy assists me in ways beyond my expectations and her caring is expressed through her actions.”

Open communication key for Infection Prevention & Control



Carla Ward CIC and Gary Preston PhD focus on reducing risk of communicable disease.

The Infection Prevention & Control staff consisting of Carla Ward CIC and Dr. Gary Preston work with patients, employees and medical staff, public health and the community to reduce risk of communicable disease. The department is responsible for conducting surveillance to identify diseases of public health significance, conditions requiring precautions beyond the usual and health care-associated infections.

“Open and regular communication is the key to success in controlling infections,” said Island Hospital Epidemiologist Gary Preston PhD. “The better the communication between hospital staff, patients and our community, the better we can contain the transmission of disease.”

The department helps maintain policies, procedures and education to insure patient-

care practices are consistent with the latest guidelines. Consultation is available to staff at all times and visits to nursing units and in all hospital departments and clinics are conducted routinely to review and reinforce patient care, equipment processing and environmental sanitation practices.

Surveillance data gathered allows comparison of the hospital’s clinical outcomes to national benchmarks and focused interventions to reduce risk. For example, risk of infection is reduced when invasive devices are used for the time of maximum need and not longer. Surveillance-of-care practices helps insure appropriate use of devices and other treatments such as antibiotics. While essential when needed, antibiotics come with risk such as of development of antibiotic resistant organisms.

Island Hospital Auxiliary contributes \$13,000

The Island Hospital Auxiliary is a small but dynamic 15-member group sharing the common goal of contributing to the special needs of patients in our community.

As a result of generous local support, the Auxiliary donated approximately \$13,000 over the past year to assist the funding of hospital equipment and various programs. This included a hyperthermic cart for surgery; Merle Cancer Care Center patient informational podcasts; and ongoing support of the Lifeline project, prenatal books and community education materials.

An example of their recent fundraising efforts is the July Penny Drive, which raised \$750 in only four hours. Other fundraising projects include the sale of Easter baskets, decorated miniature Christmas trees, and Candygram sales.

The Auxiliary also undertakes ventures that are not fundraising but rather “giving” opportunities to the community, such as the special project of the handmade heart-shaped pillows which are given to breast cancer patients to help reduce pain caused by surgery or radiation. These pillows are also sold to the public in our Hospital’s gift shop. “The Seahawk pillows are the most popular,” said Auxiliary President Betty-Anne Ely.

This energetic group, comprised of volunteers of all backgrounds and talents, finds reward in using their skills and creativity by working together on all of the Auxiliary endeavors. “Most often, it’s the light in someone’s eye or the smile on a face that brings the greatest reward,” Ely said. “We celebrate these things together, because together we make it happen.”

The Auxiliary is currently seeking new members. “Even if you have limited time to share, you are always welcome,” Ely says. “If you



Owner of Sebo’s Hardware & Rental Dave Sem, with Auxiliary President Betty-Anne Ely, recently donated miniature artificial Christmas trees for the Auxiliary’s annual Christmas Tree Sale in November.

love our hospital and want to participate in projects that continue to help our patients, the IH Auxiliary might well be a good fit for you.”

For Auxiliary membership information call (360) 840-3038.

New Program *continued from Page 2*



Jody Cousins MD (right) works with Christina Reed and son Liam Williams.

Lactation Consultations

With few exceptions, most mothers are able to breastfeed their infants, thereby giving the child his or her best start in life as well as deriving important benefits for herself.

Breast milk contains all the nutrients an infant needs in the first six months of life. It helps protect against childhood obesity while strengthening the baby's immune system and protecting baby from illness and infection, such as some childhood cancers, asthma, colds and ear infections. Breastfeeding reduces the risk of Sudden Infant Death Syndrome, and type 1 diabetes. It also reduces mom's risk of breast and ovarian cancers, post-partum depression, and helps her to return to her pre-pregnancy weight faster.

CMIC providers – Effie Jo Lindstrom BA, BSN, RN, IBCLC; Teri Shilling MS, LCCE, CD(DONA), IBCLC; and Jody Cousins MD – assist mothers and infants with breastfeeding and related issues. (IBCLC indicates certification by the International Board of Lactation Consultation Examiners, whose education and certification is recognized as the gold standard.)

"While lactation is a natural occurrence," said Dr. Cousins, "most mothers need education, training and support in order to make the experience feel natural to them."

Lactation services provided by CMIC include:

- Education on the best ways to nurse and bottle feed.
- Discussion of the feeding options available to mom.
- State-of-the-art pre- and post-feed weights.
- Prescriptions as needed for mastitis, sore nipples and similar problems.
- Demonstration and assistance with pumping.
- Discussion of nipple shield/shells and their appropriate use.
- Frenotomy (known as tongue tie release), anterior or posterior, performed by Dr. Cousins.

Appointments made easy

Referrals to CMIC can be made by your physician, nurse or by self-referral. Services are covered by most insurance plans. Appointment hours are most days after 4 p.m. and Fridays from 2 - 5 p.m. Visits are by appointment only and can be scheduled by calling Fidalgo Medical Associates at (360) 293-3101.

Award *continued from Page 2*

The award was established in 2005 in honor of Dr. O'Hara, a founding member of the BCW. This award recognizes and honors a medical student, resident or physician whose leadership and courage reflect a commitment to breastfeeding as a vital part of the health and develop-

ment of children and their families. Awardees demonstrate exemplary commitment to maternal and child health through advocacy of breastfeeding education and support in the community and within the medical profession.

Effects of alcohol, marijuana *continued from Page 10*

Important Reminders

1. Risk of addiction for anyone who has used alcohol is 15%, and for anyone who has used marijuana is 9%.

2. Synthetic marijuana – a/k/a Spice, K2, No More Mr. Nice Guy and hundreds of other names – contain powerful chemicals called cannabinoids that can cause dangerous health effects. More than 120 emergency room visits in New York during the week of April 8, 2015, were linked to synthetic marijuana.

Information presented in this article is derived from the following sources:

Tapert PhD, Lisa Caldwell, & Burke, M.A., "Alcohol and the Adolescent Brain—Human Studies", NIAAA/NIH, 2015

Gottlieb, "Cannabis: A Danger to the Adolescent Brain", Massachusetts Behavioral Health Partnership, 2012; Stiles & Jernigan, "The Basics of Brain Development", Neuropsychological Review, 2010

Squeglia BA, Jacobus BA, & Tapert PhD, "The Influence of Substance Use on Adolescent Brain Development", Clinical EEG and Neuroscience, 2010

Lisdahl, Gilbert, Wright & Skyles, "Dare to

delay? The impacts of adolescent alcohol and marijuana use onset on cognition, brain structure, and function" Frontiers in Psychiatry, 2013

National Institute of Drug Abuse, "What are marijuana's long-term effects on the brain?", published at www.drugabuse.gov/publications/research-reports/marijuana/

A task force to fight youth alcohol and drug use in Anacortes was formed last year and includes the City of Anacortes, Anacortes School District, Anacortes Police Department, Island Hospital and other community partners. For more information, call (360) 293-1210.

SMART Recovery can help with substance, behavior addictions

SMART Recovery is a secular, science-based program designed to assist participants in recovering from addictions to alcohol, street drugs and prescription medications. It also can be effective for behavior addictions such as gambling, sex, eating and self-harm.

The program utilizes techniques from cognitive behavior therapy, rational emotive behavior therapy and motivational-enhancement therapy in a self-help group setting guided by trained SMART Recovery facilitators.

SMART Recovery is a four-point program – not to be confused with steps – that provides information, but does not attempt to direct participants on how to live. Each point has tools, techniques and strategies to assist the person to make whatever choice is best in each person's judgment.

The four points of SMART Recovery are:

1. Building and maintaining motivation
2. Coping with urges
3. Managing thoughts, feelings and behaviors
4. Living a balanced life

A weekly SMART Recovery meeting is held at 6:30 p.m., Sunday evenings at the Center for Happiness, 619 Commercial Ave., Anacortes. Contact Howard Pellett at (360) 293-8128 or howardp71@gmail.com for more information. Meetings are confidential and free.

For general information about SMART Recovery or other meeting locations visit www.smartrecovery.org.



Useful ways to use myIslandHealth

Island Hospital's patient portal, *myIslandHealth*, gives patients easy, secure access to their healthcare information. Here are a few ways that you can put this information to good use.

Comparing lab results online is helpful for patients

Diabetics use an A1c blood test to regularly monitor how well they are controlling their blood sugar over time. The test measures their glucose levels over a three-month period. With the use of *myIslandHealth*, a diabetic patient can compare previous A1c results to see how well they are doing.

» This is very helpful when preparing for an appointment with your healthcare provider.

Want to see your ultrasound results online? Now you can!

A new tool on the *myIslandHealth* patient portal is the ability to view diagnostic imaging reports such as ultrasound, mammography, CT, echocardiography, MRI, nuclear medicine and radiology.

» This is very helpful when reviewing a recent diagnosis.

For more information about *myIslandHealth* including frequently asked questions, visit www.islandhospital.org/myislandhealth, or call (360) 299-1300.



Blood Pressure Checks

Every Wednesday!

9 a.m. - noon

Island Health Resource Center

Call 299-1309

for more information.



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