



ISLAND HOSPITAL

Winter
2011

Heartbeats

Magazine

INTEGRATING CARE FOR BODY & MIND

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Behavioral Health
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Commissioner Message

MAP for better care, quality, access

by **Laurie Gere**

President, Island Hospital Board of Commissioners

On a recent cold and clear Monday morning ground was broken for the Medical Arts Pavilion (MAP) at Island Hospital. In early 2012, the Cancer Care Center (CCC) and Physical Therapy & Rehabilitation will be housed here, as well as the IH Pain Management Program and a new Wound Care Center.

While some might casually refer to this facility as “another hospital building”, those who have been affected by cancer probably have a very different perspective. Our Cancer Care Center remains in need of space to meet demand that has tripled in just nine years. I often hear wonderful compliments for the care patients receive from our outstanding Physicians, Nurses and staff; now they need a facility built to support their high-quality and compassionate services.

While the community appreciates our efforts to bring comprehensive cancer services to Anacortes, accommodations, access and space have been less than ideal. The current location in the IH Medical Office Building (MOB), designed to house Physician offices, has been expanded as much as possible. Several remodels of the MOB space have not enabled a facility that equals the CCC’s dedication to quality.

The new building will provide space for related programs and support services. In addition, the added space allows Island to expand as demand increases and facilitate short- and long-term follow-up programs for patients who have survived cancer.

The Cancer Care Center staff is meeting regularly with the MAP architects, Taylor Gregory Broadway, and other involved parties to assure that this new facility is the absolute best possible for our patients and their families.

This state-of-the-art MAP costs \$10.3 million, which pays for architectural services, construction, furnishings, fixtures and equipment. Quite an investment, but the payoff is so meaningful for local residents who find themselves diagnosed with cancer.

A very generous \$1.6 million donation (a record amount for Island Hospital that was detailed in the Fall 2010 Heartbeats) from Bud and Ann Merle helps us meet this goal. This large gift came unexpectedly from a couple who valued the high-quality medical care they received here.

And I, for one, anxiously await the opening of the Merle Family Cancer Care Center at Island Hospital.

Laurie Gere passionate about community service

As she assumes the post of President, Island Hospital Board of Commissioners, Laurie Gere will continue a career of service that has brought long-term value to the Anacortes community and beyond.

As Board President Gere will work with other Commissioners to make certain that the Hospital’s long-range strategic plan maintains financial viability and stability while continuing to provide quality healthcare for patients. “As elected Board members we know the community looks to us to ensure that Island Hospital continues to meet the needs of a growing and diverse population,” she says.



Laurie Gere

Gere is owner of the popular restaurant and catering company Gere-a-Deli which this year celebrates 30 years in business and has been named Small Business of the Year by the Anacortes and the Skagit County Chambers of Commerce. She has received the Anacortes Rotary Club’s Paul Harris Award, was named Woman of Distinction by the Anacortes Soroptimists Club and 2002 Business Woman of the year in Skagit County.

Gere also has held leadership roles with regional organizations including Red Cross, Girl Scouts, the Anacortes Chamber of Commerce, the Skagit Disability Board and the City of Anacortes Planning Commission. She is currently serving her eighth year as an Island Hospital Commissioner.

“This is a remarkable community with bright, energetic, engaged citizens that step up to serve,” says Gere. “I am honored to serve as President of the Island Hospital Board of Commissioners and proud to be a part of the Anacortes community.”

Island honored for military support

Island Hospital was awarded the “Above and Beyond Award” by the Employer Support of the Guard and Reserve (ESGR) program after being nominated by Surgery Department Registered Nurse Kate Jackson, at left in photo with hospital CEO Vince Oliver. The award was presented to Island Hospital for outstanding support of hospital employees serving in the Military Reserve and National Guard.

Previously, the hospital received the ESGR award for “Patriotic Employer” for “contributing to national security and protecting liberty and freedom by supporting employee participation in America’s National Guard and Military Reserve force.”



Commander Kate Jackson RN (left) and CEO Vince Oliver (Commander, ret.)

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As I See It...

By **Vince Oliver, IH**
Chief Executive Officer



ensure an uncomplicated transition for those patients.

Another huge concern is our ability to retain Physicians. We cannot compete with larger non-public hospitals and for-profit clinics; they can offer much more in signing bonuses, guaranteed salary 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, we do offer a hospital culture that is very receptive to our Physicians and, as a small hospital, can move more quickly than the large ones to initiate programs such as our electronic medical record and TeleStroke programs (both detailed in this issue). In addition, our community also offers an excellent quality-of-life in an appealing area of the U.S.

We have recently been very successful in recruiting new Doctors and “mid-level providers” to our Medical Staff as you can read on the following pages. We also have had three Physicians from Skagit Regional Clinics take space in our Medical Office Building that enhances specialty care within our community.

Our early work on the electronic health record has lead to a coalition of all three Skagit County hospital districts named the Medical Information Network - North Sound (MIN-NS). This network will connect all three hospitals this year, with a goal of subsequently connecting all medical practices.

I assure you we will do our best to provide healthcare to the communities we serve well into a somewhat cloudy future of healthcare. If you have any thoughts, comments, concerns or questions about our services, staff, facilities or future, please contact me directly at (360) 299-1300, extension 2411 or voliver@islandhospital.org.

As Island Hospital leadership works to meet the challenges of healthcare, both current and future, we find ourselves well-positioned for some and not so well-positioned for others. Over the past three months, meetings regarding the next “big steps” for Island Hospital have been held by Administration with the Board of Commissioners, Medical Staff, department managers and at-large community members. Our initial goal was to reach consensus on several key strategic issues, including primary care; collaboration with other hospitals; electronic medical record; physician recruitment, retention and succession; and others.

At our Leadership Retreat in October, we reviewed very detailed statistics on our current Medical Staff, by specialty, to determine our ability to meet demand. For instance, our community needs 14 Family Practice Physicians and we have 12. We continue to recruit Family Practice Doctors and do a fairly good job of maintaining an acceptable number for our community. However, we also must consider the age of these Doctors to be prepared to replace those who will eventually retire. If we are recruiting one or two more per year and one or two retire, we’ve stayed on the demand “curve”. If we have five retire in a single year, we would find ourselves unable to appropriately meet community demand. We need to anticipate Physician practices that may close and

Breaking ground

On a recent cold winter morning, a short ground-breaking ceremony was held to begin the Medical Arts Pavilion at Island Hospital on the east side of the campus. The new building will house the Merle Family Cancer Care Center, Physical Therapy & Rehabilitation, Wound Care, Pain Management and other services under consideration. Starting the process are (from left) Board of Commissioners President Laurie Gere, CEO Vince Oliver, Commissioner Jan Iversen, Commissioner Paul Maughan, Commissioner (President at the time of the ceremony) Chip Bogosian MD and CFO Peter Swanson. For more details about the MAP, visit www.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:

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

POSITION 1
Jan Iversen

POSITION 2
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POSITION 3
Paul Maughan PhD

POSITION 4
Laurie M. Gere (President)

POSITION 5
A.J. “Chip” Bogosian MD

Heartbeats

is published by the Community Relations/ Education Department.

Comments or suggestions to:
(360) 299-1310

COMMUNITY RELATIONS/ EDUCATION
DIRECTOR
Dennis Richards

HEALTH RESOURCES COORDINATOR
Aubre Adams

COMMUNITY EDUCATION COORDINATOR
Claire Zaugra

COMMUNITY RELATIONS/
DIGITAL MEDIA COORDINATOR
Barb LeDuc

GRAPHICS/DESIGN
Teresa L. Pierzchala

WRITER
Dee Oliver

Our Promise

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

Island launches Psychiatry & Behavioral Health Program

Island Hospital has developed an integrated Psychiatry & Behavioral Health program to meet the growing need in Skagit and San Juan counties and north Whidbey Island. Utilizing a collaborative-care model that emphasizes a biopsychosocial approach, the program engages primary-care providers with mental-health professionals to integrate patient care.

The recent addition of Psychiatrist Elina Durchman MD, has allowed Island Hospital to bring this program to Anacortes. Utilizing the expertise of Christopher Tobey PhD, a Clinical Psychologist with more than 25 years experience in Skagit County, and the business-development skills of Program Director Bruce Cox, the program was developed and implemented.

Along with Dr. Durchman, Mental Health Counselor Suzanne Staum MA will provide mental-health therapy in the clinic. Services provided include mental-health assessment, medication management and treatment plans for ongoing counseling therapy in an outpatient setting for children, adolescents and adults. Our providers can treat a range of symptoms and diagnoses including anxiety, depression, bipolar disorder, attention-



Psychiatrist Elina Durchman MD (right) and Suzanne Staum MA.

deficit hyperactivity disorder, obsessive-compulsive disorder, post-traumatic stress disorder, panic disorder, phobias, adjustment disorders, autism and others.

Dr. Durchman earned her MD and served a Residency in General Psychiatry, and fellowships in Child and Adolescent Psychiatry; and Neurodevelopmental and

Related Disabilities at the University of Washington. Dr. Durchman is a Diplomate of the National Board of Medical Examiners, a member of the American Academy of Child and Adolescent Psychiatry and American Psychiatric Association.

Staum completed her training in Counseling Psychology at City University and her internship last year under the supervision of Dr. Tobey. She worked with the Skagit County ARIS (At-Risk Intervention Services) Program treating children, adolescents and at-risk families, and at Anacortes Middle and High schools. Suzanne is a member of the Washington Mental Health Counselors Association and the American Mental Health Counselors Association.

San Juan County residents will soon be offered these services via a partnership with Inter Island Medical Center and the use of telemedicine technology.

The Psychiatry & Behavioral Health Program is located in the IH Medical Office Building at 2511 M Avenue, Suite B. For information or to schedule an appointment with Dr. Durchman call (360) 299-4297; for counseling (360) 588-2090. Services are covered under most health-insurance plans.

Skagit hospitals join forces to develop patient record network



Mark Quenneville

share and store patient-health records.

An HIE is a secure computer network that allows Physicians, hospital staff and authorized service providers the ability to view and add to patient records. While most hospitals and medical practices already have internal electronic health-records systems, the HIE enables countywide sharing of this data as soon as it's recorded. Shared records help avoid costly duplication of tests and potentially dangerous medication errors.

"We are excited to lead this joint venture," said Island Hospital CEO Vince Oliver. "Our commitment to maintaining and improving high-quality patient care is central to our decision to invest in the MIN-NS project."

Skagit County residents and medical-services providers will soon realize the benefits of portable and secure electronic health records through a partnership of Island, Skagit Valley and United General hospitals. The Medical Information Network – North Sound (MIN-NS), a nonprofit agency responsible for this project, is developing and managing Skagit County's health-information exchange (HIE) to



Hospital leadership has been planning and raising funds for this project well in advance of the American Recovery and Reinvestment Act of 2009. Funding now available in the healthcare-information provisions of the Act will be sought and utilized in MIN-NS operations. The accessibility of personal health records and integration with the statewide system puts Skagit County ahead of its neighbors in meeting the requirements established at the federal level.

The goal of MIN-NS is to provide a single point-of-integration from which Physicians, labs, hospitals, public-health officials and patients can access complete medical records. This is an important achievement and a major step forward for county healthcare.

The benefits of this network are many, especially for patient care. Should a patient of a Physician located in another city need emergency services in Anacortes, that record will be immediately available to Physicians and Nurses in the IH Emergency Department.

"Securely delivering healthcare information where it is needed, when it is needed is our primary objective," said Mark Quenneville, Executive Director for MIN-NS. "We are dedicated to ensuring that patient records are available wherever the patient goes for care."

Island Hospital will be connected to MIN-NS later this year.

Northwest Orthopaedic Surgeons adds spine specialist



David M. Mourning MD has joined Northwest Orthopaedic Surgeons (NWOS) and has begun seeing patients at the practice's Anacortes office. He received a BS degree in Biochemistry from the University of North Carolina, Chapel Hill, NC and an MD degree from the University of Virginia, Charlottesville, VA. Dr. Mourning served an Internship in General Surgery

and a Residency in Orthopaedic Surgery at Tulane University Medical Center, New Orleans, LA and completed a Spine Surgery Fellowship at Baylor College of Medicine, Houston, TX.

Prior to joining NWOS Dr. Mourning was a spine Surgeon at The Doctors Clinic, Silverdale, WA where he was one of only two spine specialists serving the Kitsap and Olympic peninsulas.

Dr. Mourning's Orthopaedic focus is on diagnosis and treatment of spinal conditions including disc herniations, stenosis, scoliosis and fractures. He also performs a range of minimally invasive procedures and open reconstructive surgeries. Dr. Mourning is certified by the American Board of Orthopaedic Surgery and is a Fellow of the American Academy of Orthopaedic Surgeons.

"Proper treatment of spinal problems combines a comprehensive assessment of a patient's complaints, neurological findings and a mutual understanding of what surgery can do to help alleviate pain or disability," said Dr. Mourning.

An avid runner, snowboarder and mountain climber, Dr. Mourning, his wife and their daughter enjoy the active outdoor lifestyle of the Pacific Northwest.

Northwest Orthopaedic Surgeons is located at 1017 20th Street, Anacortes and online at www.nwosonline.com. For an appointment call (360) 424-7041.

Sam Blackadar MD joins AFM



Charles S. (Sam) Blackadar MD LCDR MC USN (retired), whose career has successfully combined the practice of medicine with military service, recently joined Anacortes Family Medicine. Dr. Blackadar is a graduate of the U.S. Military Academy, Annapolis, MD and received an MD degree from the Uniformed Services University of Health, Bethesda, MD. He served a

Family Medicine Residency at the US Naval Hospital, Bremerton, WA.

Before joining Anacortes Family Medicine, Dr. Blackadar was a Sound Physicians Hospitalist at Providence Centralia Hospital, Centralia, WA. During his tenure at the Bremerton Naval Hospital he served as a Staff Physician and while deployed to Iraq with a shock trauma unit, he cared for critically injured US and allied troops. Dr. Blackadar also served as Senior Medical Officer aboard the USS Frank Cable, as head of Primary Care Services at the US Territory of Guam Naval Hospital and as Ward Medical Officer at Fleet Hospital Eight, Rota, Spain.

"I believe a good provider must know the science but tailors the treatment to his individual patient," he said.

Dr. Blackadar has held membership in the Society of Teachers of Family Medicine, the Society of Hospital Medicine, Society of Critical Care Medicine and is a current member of the American Academy of Family Physicians and the Uniformed Services Academy of Family Physicians. He has been the recipient a numerous awards and honors from civilian and military organizations including being twice named Puget Sound Family Medicine Teacher of the Year.

Board certified in Family Practice Medicine in 2000 and recertified in 2007, Dr. Blackadar also holds Washington Physicians and Surgeons licensure. He and his wife, Rebecca, have two children and make their home in the San Juan Islands where they enjoy biking, fishing, boating and wine making. For appointments call AFM at (360) 299-4211.

Anacortes Family Medicine adds Physician Assistant



Amanda Markell PA-C brings a range of education and professional experience to serve patients of Anacortes Family Medicine.

"As a family practice and urgent care practitioner I strive to deliver quality, personalized care and treat my patients with compassion, integrity and dignity," she said.

Markell earned a BS degree in Biology and Anthropology from Western Washington University, Bellingham, WA and a Physician Assistant/MS degree from Pacific University, Hillsboro, OR. She has maintained practices with the First Stop and Walk-In

Clinic Inc. in Bellingham; the Darrington Medical Clinic, Darrington, WA; the Nooksack Tribal Health Center, Nooksack, WA and Bellingham Internal Medicine. Currently she works intermittently at the Cascade Valley Hospital Emergency Department, Arlington, WA in addition to seeing patients at Anacortes Family Medicine.

Markell lists her professional focus as Urgent Care, Internal Medicine, Rural Health, Emergency Medicine and Family Practice. Her personal interests include skiing, running, cycling and travel.

Anacortes Family Medicine is located at 2511 M Ave., Suite B. Call for appointments at (360) 299-4211.

Skagit Regional Clinics Now in IH MOB

Skgagit Regional Clinics - Anacortes has move three specialists into the Island Hospital Medical Office Building at 2511 M Avenue, Anacortes. Dr. Vidhu Paliwal, Cardiology; Dr. Michael Nelson, Dermatology; and Dr. Brian Kendregan, Pulmonology, are now practicing in Suite C on the lower level.

All three are accepting new patients and can be contacted for appointments at:

Cardiology - (360) 293-0308

Dermatology - (360) 814-6200

Pulmonology - (360) 428-2586

Dr. Reichel Joins North Sound Kidney Physicians



With a PhD in Biochemistry from Ruhr-University Bochum in Germany and a MD from The Chicago Medical School, North Chicago, IL, Dr. Ronald R. Reichel brings new experience and expertise to North Sound Kidney Physicians.

Dr. Reichel completed a Postdoctoral Fellowship at The Rockefeller University, New York, NY and was a Research Scientist at Genelabs, Inc., Redwood City, CA in addition to serving as Assistant, Associate and Research Associate Professor at The Chicago Medical School.

Dr. Reichel served an Internship and Residency in Internal Medicine at Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, NY and completed Nephrology Fellowships at the University of California, San Francisco, CA and under the auspices of the National Kidney Foundation.

Before joining North Sound Kidney Physicians, Dr. Reichel served as a Hospitalist and Nephrologist at Marin General Hospital, Greenbrae, CA; as a staff Physician at the UCSF/VA Medical Center, San Francisco, CA and as a Nephrologist at Ochsner Medical Center, Baton Rouge, LA.

"I believe patient education and involvement are important aspects of treatment

and I like to keep my patient informed about all medical and care plans," says Dr. Reichel.

Board Certified in Internal Medicine and Nephrology, Dr. Reichel has been a Howard Hughes Fellow and is a member of the American Society of Nephrology. He is licensed to practice in Washington, California, Louisiana and GMC/United Kingdom and his professional activities include reviewing grants for the US-Israel Binational Science Foundation and the US Department of Agriculture.

North Sound Kidney Physicians is located at 1415 E. Kincaid, Mount Vernon, WA. For appointments call (360) 424-4111.

Dr. Meyer new to IH Lab/Pathology Services

Paul N. Meyer MD, PhD has joined the Island Hospital Laboratory and Pathology Services Department. Dr. Meyer was awarded a BA degree in Biology from Washington University, St. Louis, MO where he was a Howard Hughes Research Fellow, and a PhD in Cell and Molecular Biology from Pennsylvania State University College of Medicine, Hershey, PA where he also received an MD degree.

Dr. Meyer served research assistantships in the Departments of Microbiology, Immunology, Biology, Anatomy,



Neurobiology and Anthropology at Washington University and Pennsylvania State University College of Medicine. He also was a Resident Physician and Asst. Chief Resident in

the Department of Pathology at Loyola University Medical Center, Chicago, IL.

Prior to joining the Laboratory at Island Hospital, Dr. Meyer was a Hematopathology Fellow with the Department of Pathology and

Microbiology at the University of Nebraska Medical Center, Omaha, NE.

Board Certified in Hematopathology and in Anatomic and Clinical Pathology, Dr. Meyer is licensed to practice in the states of Nebraska and Washington. He is a current member of the American Society of Hematology, The US and Canadian Academy of Pathology, the College of American Pathology and the American Society of Clinical Pathology.

New Clinic Manager at Island Family Physicians



As a seasoned Administrator experienced in working with multi-specialty healthcare practices, Peggy Andrews has joined Island Family Physicians as Clinic

Manager.

Previously she was Practice Manager responsible for the Internal Medicine and Surgery Departments at Skagit Valley

Medical Center, Sedro-Woolley, WA and she also managed the Center's Cardiology Department where her duties included budgeting, human resources, scheduling and maintaining patient satisfaction for both the Mount Vernon and Anacortes clinics.

Andrews has been an Administrator for the Pacific Northwest Cardiology practice, Mount Vernon, where she oversaw implementation of practice management and electronic medical records computer systems. She also has served as a Receptionist/

Manager at the Baumrucker Urology Clinic, Mount Vernon.

A native of Mount Vernon, Andrews attended Skagit Valley Community College and also has worked as a Medicare Claims Processor with the Skagit County Medical Bureau.

Island Family Physicians is a six-provider clinic located in the Island Hospital Medical Office Building at 2511 M Avenue, Suite A., Anacortes. For appointment or information, call (360) 293-9813.

Island's first baby of 2011



Genie Huntemann holds newborn Fletcher Elliott, Island Hospital's first baby of 2011, born Jan. 3. Presenting mom and baby with welcome gifts is Anacortes High School Junior Lindsay Christenson, who as part of her senior project is coordinating Blankets & Books a program that provides each baby born at Island a new blanket, book and child-education materials. Fletcher, 10 lbs. and 21 inches at birth, lives in Coupeville with Mom and partner Heidi Tate.



Birth Center ready for its close-up

Videographers recently spent four hours filming Traci Thompson RN, patients and other healthcare professionals at the Thomas P. Brooks MD Birth Center at Island Hospital. The video, along with two others featuring health facilities in this region, was filmed as part of the Executive Masters of Health Administration Degree program at the University of Washington, Bellevue Campus.

Thompson, who worked as a Labor and Delivery Nurse at Island Hospital until early this year, will graduate from the two-year program in August. Among her classmates are other healthcare professionals including physicians, administrators, nurses, nutritionists and clinicians who are gaining greater knowledge of and a broader perspective on the diverse nature of healthcare delivery in the U.S. today.

The video filmed at the IH Birth center features interviews with physicians, patients and other healthcare professionals and illustrates the need for personalized and closely monitored care to achieve the most favorable outcomes for mothers and babies. According to Thompson, patients were intrigued by the filming and glad to be a part of the video. "We were very conscious of preserving our patients' privacy and confidentiality," said Thompson. "But those in the Birth Center that day thought the project was fun."

The Birth Center video can be viewed on the University of Washington website at <http://depts.washington.edu/mhap/video-emha#thompson>.

For information about the Birth Center call (360) 299-1331; from San Juan County call (360) 468-3185, extension 1331.

Breastfeeding is best for baby

by Effie-Jo Lindstom RN, IBCLC
IH Lactation Specialist

Many have heard that breastfeeding is the best way to feed our babies. What makes it best? Breast milk contains literally thousands of live cells, immunoglobulins, nutrients, and growth factors that are specific for human growth.



Each mother has antibodies in her milk that specifically protects her infant. A mother breastfeeding her infant will continue to make antibodies to illnesses that she is exposed to and pass that protection on to the baby. Breast milk proteins are specific for human brain growth. Breastfeeding reduces the risk of SIDS by 50% and reduces the mother's risk of breast and ovarian cancers. The list of benefits is long.

Breastfeeding is advantageous, as well as encouraged by the medical community. Island Hospital stands ready to help and educate our mothers and families who need it. There are many resources available in Skagit County including:

- Island Lactation Services - (360) 293-9027
- Island Hospital Lactation Consultant - (360) 299-1331
- Skagit County Community Action WIC - (360) 416-7595
- Skagit Valley Hospital Baby Line - (360) 424-BABY
- La Leche League (360) 856-6479.

There are also some excellent websites with breastfeeding information:

- www.withinreachwa.org
- www.womenshealth.gov/breastfeeding
- www.cdc.gov/breastfeeding.

ISLAND HOSPITAL PHYSICAL THERAPY & REHABILITATION

IHPTR adds two new therapists



Angela M. Straw MSOTR/L and Holly Treadway PT, DPT, ATC have joined the Physical Therapy & Rehabilitation (IHPTR) team at Island Hospital where both are currently seeing patients.

Straw received a BS degree in Exercise Science in 2005 and an MS degree in Occupational Therapy in 2007 from the University of Puget Sound, Tacoma, WA. She previously provided Occupational Therapy services to patients in adult day health, skilled nursing and acute inpatient rehabilitation facilities in the area. She looks forwards to providing treatment in an outpatient setting for patients of all ages at IHPTR.



Treadway recently moved to Washington State from Michigan. She is a 2006 graduate of Miami University, Oxford, OH where she received degrees in Exercise Physiology and Sports Medicine. In 2009 she received a Doctor of Physical Therapy degree from the University of Dayton, Dayton, OH.

Prior to joining IHPTR Treadway worked for the University of Michigan Health System. She is a licensed Athletic Trainer and enjoys working with student athletes. Her other professional interests include Vestibular and Stroke Rehabilitation.

IHPTR offers a comprehensive range of Physical, Occupational and Speech Therapy services on the waterfront at The Cannery Building, 715 Seafarers Way. For information, call (360) 299-1328.



Physical Therapist Ellie Petri demonstrates taping on Physical Therapy Aide Lacey Coleman. There are numerous applications for using Kinesio tape; the technique shown here would be used to decrease swelling or inflammation after an acute knee injury or total knee replacement.

Kinesio taping -- less pain, more mobility

Staff at Island Hospital Physical Therapy & Rehabilitation recently received training that adds another level of treatment for patients who suffer from disorders affecting muscle, bone, joint, tendon and ligament function.

The application of Kinesio tape, which was developed in Japan, acts as if a comforting hand is being placed on a patient to support an area of pain and/or dysfunction. When pain is reduced it is easier for patients to move around and engage in activities

that were too painful to attempt prior to the application of tape.

Kinesio tape is lightweight, flexible and can be applied to patients who are sensitive to other tapes. It is used by many Olympic athletes and top cyclist Lance Armstrong gave the product a ringing endorsement in his book, *Every Second Counts*. IHPTR therapy professionals have added this effective new treatment to their comprehensive services.

Advanced therapy techniques ease pelvic pain

At Island Hospital Physical Therapy & Rehabilitation, specialized treatments are being offered to patients who suffer from pelvic pain associated with muscle damage during pregnancy and birth or by injury to the back or pelvis.

Amy Harrington PT is a member of the International Pelvic Pain Society. She applies her advanced knowledge and experience to an "End the Pain" routine that initially encourages patients to relax pelvic muscles and relieve tension and strain. Once the pain has decreased, strengthening exercises are incorporated to help patients stabilize their pelvic regions.

To learn about options and care for pelvic pain, call Island Hospital Physical Therapy & Rehabilitation at (360) 299-1328.



Heartbeats is printed on recycled paper.

Sports-injury clinic held at AMS



Warren
Womack

According to Pediatricians around the nation, sport injuries in U.S. children and teen-agers are on the rise. An article entitled "Kids' Health" published by *USA Today*, puts the number of sport-related injuries requiring medical treatment in youngsters under age 15, at 3.5 million each year.

To help deal with this growing problem, Island Hospital Physical Therapy & Rehabilitation (IHPTTR) is now offering a weekly Injury Clinic at Anacortes Middle School. Injury screenings are available free of charge to the entire student body, faculty and staff members.

According to Ilima Shaw, IHPTTR Director, Clinic services will include screenings and consultations on sports and other recreational activity injuries and over-use conditions. They will be provided by licensed IH Physical Therapists who also will offer self-treatment strategies to help shorten recovery times.

Injury screenings will be held every Tuesday between 2:45-4:45 p.m. outside the Middle School gym. The Clinic will be staffed by Holly Treadway DPT, ATC, and Warren Womack DPT, OCS, both therapists at IHPTTR.

Island Hospital Physical Therapy & Rehabilitation is located at 1211 24th St., Anacortes. For an appointment or questions regarding the Injury Clinic, call (360) 299-1328

Improving Your Aging Memory program presented



Do you ever feel like your memory is not what it used to be? Would you like to know more about ways to improve your memory? If so, attend "Improving Your Aging Memory" at

the Anacortes Senior Activity Center on Feb. 22, from 10:30 - 11:30 a.m. Alisha Kleindel, Speech-Language Pathologist at Island Hospital Physical Therapy & Rehabilitation, will be presenting strategies and activities to improve your memory and keep your mind sharp. Handouts will be provided, along with time for open discussion and questions. For information contact Kleindel at (360) 299-1328 or akleindel@islandhospital.org.

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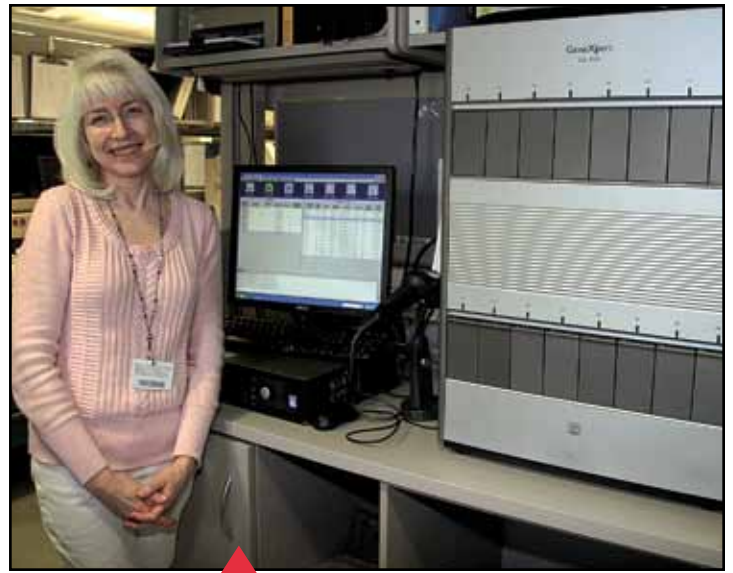
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Rapid molecular testing now available

With \$75,000 from the Island Hospital Foundation, the Laboratory was able to purchase a fully integrated real-time Polymerase Chain Reaction (PCR) system. PCR is a scientific technique in molecular biology that allows the copying of specific DNA or RNA sequences in approximately two hours. The GeneXpert System is the first to fully automate and integrate steps required for PCR-based DNA testing: sample preparation, DNA amplification and detection.

The lab is performing all inpatient Methicillin-resistant Staphylococcus aureus (MRSA) screen testing on the GeneXpert. Because no specialized skills are required to operate the system, this allows the lab to perform round-the-clock testing. Negative results take the full two hours to test and a positive result for MRSA can show up as early as 30 minutes into the procedure. Turnaround time is extremely important since the state now requires all ICU patients to be screened for MRSA. Physicians and Nurses can now take appropriate actions within two hours of the lab receiving the sample. The method previously used took two to three days.

The laboratory is currently working on moving intrapartum and antepartum Group B Streptococcus (GBS) to the GeneXpert. Once complete, GBS results would be available in 30 minutes for positive samples – much more quickly than our current method. In the United States, GBS is a leading cause of infant mortality and serious neonatal



Microbiology Lead Carol Kirby at GeneXpert PCR.

infections such as sepsis, pneumonia and meningitis.

Later this year the lab will add GeneXpert tests, including Clostridium difficile, and a pre-surgical screen for both MRSA and Staphylococcus aureus. Carol Kirby, the Microbiology Lead, said “It’s amazing that one instrument has changed the functionality of the Microbiology Department and significantly improved patient outcomes. It is a tremendous upgrade to offer this technology to our patients at Island Hospital.”

Island at top for eye donations

Island Hospital has been recognized for the donation of eye tissue to help restore sight, helping the organization SightLife realize record-breaking months in Western Washington.

Working with surgeons in more than 30 countries, SightLife restores sight to more than 20 men, women and children each day. This is accomplished through eye banking, which is the recovery and placement of eye tissue used in cornea transplants. SightLife’s mission is to eliminate cornea blindness, and is working to achieve that mission by creating partner eye banks in the developing countries, where 90% of the 10 million people suffering from curable cornea blindness live.

SightLife’s primary service regions in the U.S. are Washington state, northern Idaho, Montana, California’s San Joaquin Valley and in Northern California. The organization meets all need for transplant tissue in these regions with no waiting list. For information visit www.sightlife.org

continued from Page 2

“I was at another hospital and when I came back from deployment, I was not treated very well,” said Jackson. “They made it very clear that my affiliation and duties that come with the Navy Reserve was a hardship for them.”

While employed at Island Hospital for six years, Jackson, a Commander in the Navy Reserve, has noted a difference: “I was ordered to Naval Hospital Bremerton when many of the active duty staff were deployed to Haiti after the last year’s earthquake. My Island Hospital Supervisor, Director of Surgery Bojan Kuure RN, said ‘Do what you have to do’ and fully supported me. In fact, (hospital Chief Executive Officer) Vince Oliver contacted me to reaffirm his support and thank me for my service in the Reserves. At Island I’m allowed to do my Navy training and duties without feeling my job here is in jeopardy and that my service to our Country is appreciated. I most recently have been promoted to Commander and feel Island Hospital’s unmatched support assisted me in making this dream come true!”

7th Annual March for Meals



**March 5 - Kick-off Celebration & Brunch
at Anacortes Senior Activity Center**



March 26 & 27 - Bowling Bash at San Juan Lanes & Grill

March for Meals is a community celebration designed to raise funds to support the Meals-on-Wheels Program in Skagit County.

All donations go directly towards providing meals for Skagit seniors.

Info - Sally Hill, (360) 293-7473 • Website: www.skagitmealsonwheels.org

TeleStroke Program improves treatment response

Stroke patients arriving at the Island Hospital Emergency Department (ED) will benefit from a partnership with the Swedish Neuroscience Institute that will save precious minutes and improve the opportunity for recovery. The TeleStroke Program links the Island ED with Swedish Medical Center's renowned stroke experts 24 hours a day via real-time video-conferencing technology. The program goes "live" in March.

Rapid diagnosis, treatment vital

The window of opportunity to evaluate, diagnose and treat a stroke victim with proven intravenous thrombolytics ("clotbuster drugs") is short. As each minute passes, more brain cells die, potential complications from treatment increase and chances for a positive outcome diminishes.

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

Rapid response is crucial

When a patient arrives in the ED with stroke symptoms, the Island ED staff quickly

THINK F.A.S.T.

If you think someone may be having a stroke, act F.A.S.T. and do this simple test:

FACE	Ask the person to smile. Does one side of the face droop?
ARMS	Ask the person to raise both arms. Does one arm drift downward?
SPEECH	Ask the person to repeat a simple sentence. Are their words slurred?
TIME	If the person shows any of these symptoms, time is important. <i>Call 9-1-1 immediately.</i>

performs diagnostic tests and an initial physical examination. If stroke is suspected, teleconferencing is activated with the Swedish Telestroke Team Neurologist. Members of the Swedish Telestroke Team can log in on their office or home computers to complete a TeleStroke examination and determine if the patient qualifies for available rescue therapies in an attempt to "stop" the stroke. The most common of these therapies is tissue plasminogen activator or tPA, an FDA-approved medicine that can reverse devastating effects if administered within three, and in some special cases, four-and-a-half hours of the onset of a stroke. The key to successful use of tPA or other clot-busting drugs is the rapid and correct diagnosis.

"As every minute passes, more brain cells die if the blood clot causing the stroke is not destroyed," said Tammy Cress RN, Director of

Telehealth for Swedish. "TeleStroke is an important tool in our arsenal against the third leading cause of death in the U.S. and the number-one cause of adult disability."

"Island has a great Emergency Department and this makes us even better," says Dr. Bob Rookstool, ED Medical Director. "While we have utilized the best practices in emergent stroke procedures, this program virtually puts a Neurologist in the room with us. Time is essential. We are shortening our decision time whether to use tPA, transfer to a level one stroke center or treat the patient here at Island Hospital."

As Dr. William Likosky, Medical Director for Stroke and Telestroke at Swedish Medical Center's Neuroscience Institute, comments: "Time is brain."

An "ischemic" stroke is one associated with the blockage of a blood vessel that feeds areas of the brain. This type of stroke is typically caused by a blood clot in an artery that feeds an area of brain with oxygen. When that is compromised, the affected area of brain starts to die. For this reason, it is vital that we all learn the warning signs of stroke (see adjacent chart).

For more information about TeleStroke, visit www.swedish.org, or specifically, www.swedish.org/Services/Neuroscience-Institute/Neuroscience-Services/Telestroke.



Chris Storm RN (left) and James Bryner RN at TeleStroke monitor in Island Hospital Emergency Department.

IH hosts Advanced Burn Life Support course

Island Hospital recently hosted the American Burn Association's Advanced Burn Life Support Course taught by Harborview Burn Center. This course provides guidelines in assessment and management of burn patients from the scene of the burn injury through the first 24 hours post-injury. The course

uses volunteers made to appear burned, allowing participants the opportunity to interact with "live burn patients."

The 50 participants included Island Hospital Physicians, Nurses; Respiratory Therapists, Airlift Northwest Nurses and Anacortes Fire Department Paramedics. The goals of this

program were to enhance their knowledge of caring for severely burned patients. While working with the Harborview Burn Center staff, the students learned protocols used to care for burn patients in the first 24 hours for thermal, chemical, and electrical burns. The course will assist the hospital in meeting Emergency

Preparedness goals set by the State of Washington urging hospitals to care for burn patients outside of the burn centers for up to 48 hours post injury.

The course was made possible through donations to the Island Hospital Foundation from the Tesoro Refinery and a private donation.

Winning for losing

Last May, the Island Hospital Wellness Committee sponsored a **Biggest Loser Contest** inspired by the hit television show. The six-month weight-loss challenge sparked the interest of 89 employees. Healthy eating and exercise were encouraged; fad dieting was not. Participants were required to weigh in monthly and track their progress.

For most of the participants, losing weight was the number-one motivating factor for joining the program. Most will say, however, that the true benefits from the weight loss are that they feel better and have more energy.

Participants persuaded co-workers, family members and friends to join them in their weight loss endeavor. In addition, the Wellness Committee organized a hospital resource team that comprised of a Dietician, the hospital Chef, Medical Staff, Physical Therapy staff and employees who had lost weight and kept it off.

Throughout the course of the challenge there were monthly prizes and eliminations. By the end of the contest, there were 24 remaining participants competing for the coveted title of “The Biggest Loser” at Island Hospital! An estimated total of 600 pounds was lost by those participating in the contest. To ensure fairness, however, the Wellness Committee measured success by the largest percentage of weight lost, not total pounds. Prizes were awarded to the top three losers.

Greg Barney

MRI Technologist, Diagnostic Imaging Dept.

First Place - \$250 • Lost 50 pounds

Q - What made you decide to join the Biggest Loser Program?

A - It was a good motivational starting point.

Q - What motivated you to keep going?

A - My kids.

Q - Did you have a support group?

A - My family.

Q - Did you exercise for the program?

A - Yes. I found an online training program for marathon runners.

Q - What advice would you have for someone who also would like to lose weight?

A - “Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired in the morning, noon, and night. But the body is never tired if the mind is not tired.” ~ George S. Patton, U.S. Army General, 1912 Olympian

Q - How would you describe the changes you have gone through?

A - I am starting to feel more comfortable in my own skin. I feel better, healthier.

Linda Seger RN, CEN

Emergency Department

Second Place - \$175 • Lost 47 pounds

Q - What made you decide to join the Biggest Loser Program?

A - I have to give credit for joining to Soni Tobey who was talking with me and said, “Let’s join and do this together.” That is how I actually started.

Q - What motivated you to keep going?

A - My daughter, son-in-law and husband who all needed to lose weight. My daughter was talking about having weight-loss sur-



Island Hospital’s biggest losers are (front row from left) Nancy Akland RN, Linda Seger RN and Greg Barney with Renee McKinnon, Environmental Services (back), who co-chaired the program with Terry Halemba, Medical Staff Coordinator (not shown).

gery. I was worried that she would chose that route for weight loss and not try anything else. Once I convinced her to do the program I was doing, she is doing great! The four of us have lost 152 pounds.

Q - Did you have a support group?

A - My family is my main support group. I also have an enormous support group, right here at Island. People here are extremely supportive and encouraging.

Q - Did you exercise on the program?

A - My only exercise has been my normal daily activities. Those activities are easier now because I have lost some weight. I also have been able to do more walking.

Q - What advice would you have for someone who would also like to lose weight?

A - Losing weight is only part of the equation. The most important part of this process is choosing to live a healthier lifestyle. Care about yourself enough to want what is best for your body. It is not dieting but lifestyle change and mindset that creates success.

Q - How would you describe the changes you have gone through?

A - My life is no longer centered on my food. My food is now centered on my life. I have so much more stamina than I did in May. My family is more active together. My husband and I are enjoying a more active lifestyle. Vacations are now centered on the activities we want to do like ATV riding, horseback riding, bicycling and hiking.

Nancy Akland RN, BSN

Surgery Department

Third Place - \$120 • Lost 25 pounds

Q - What made you decide to join the Biggest Loser Program?

A - I was already trying to lose weight and felt that it would be another way to focus on my progress.

Q - What motivated you to keep going?

A - My biggest motivation was feeling better from better food choices. The weight loss was an additional benefit.

Q - Did you have a support group?

A - My support came from everyone around me; co-workers, friends, and family giving me positive feedback when the weight loss became more noticeable.

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IHF exceeds 2010 fundraising goals

The year 2010 was a banner year for the Island Hospital Foundation. According to Foundation Board President Dianne Kuhn, donations from members of the community and hospital-affiliated groups, proceeds from well-received special events and other contributions have pushed fundraising levels significantly beyond those of past years.

"We are glad to provide expanded financial support to the Hospital for the purchase not only of new equipment and advanced technologies, but for funding of community health screenings, the Health Resource Center, grants to needy patients and other programs that help people in our community live healthier and better," said Kuhn. She added that a portion of the money raised will support the development of the Merle Family Cancer Care Center in the new Medical Arts Pavilion.

In 2010, the Foundation gave more than \$720,000 to Island

Hospital, a sum that includes donations from the community and proceeds from Gifts & More at Island Hospital, the Island Hospital Auxiliary, and annual events that include the Gala of Hope, Celebration of Trees and Island Hospital Golf Classic.

Kuhn no stranger to fundraising

Kuhn gained key fundraising experience during her 20-year tenure with United Way of King County in Seattle. She and husband Tom retired to Anacortes in 2006 where they are avid boaters and involved in local service and community group activities. In addition to expanding the Foundation's fundraising and community outreach initiatives, Kuhn hopes to speed growth of the IHF Endowment Fund during her time as Board President.



New IH Foundation Development Coordinator named



Bernadette Molnar has been named to fill the position of Island Hospital Foundation Development Coordinator. Her selection from a wide field of candidates was

announced by Island Hospital CEO Vince Oliver.

"Bernadette has worked closely with Foundation Board members and Volunteers for several years in her role as IHF Development Assistant," said Oliver. "I expect her long-standing experience and demonstrated commitment will continue to serve the Foundation and its members well."

In accepting the position Molnar acknowledged that she is honored by the opportunity. "I am eager to continue making a difference through my passionate support for quality healthcare in our community," she said.

During her tenure as Assistant Coordinator, Molnar created, redesigned and contributed to many of the Foundation's communications and outreach strategies and materials including the IHF website, donor

database, quarterly newsletter, annual report and marketing materials to support capital campaigns, planned giving and other fundraising initiatives. Additionally, she has helped to administer Foundation-sponsored special events such as the Gala of Hope, the Celebration of Trees and the Annual Golf Classic, as well as other fundraising and community functions that benefit Island Hospital.

Prior to joining the IH Foundation, Molnar served as Programs and Operations Team Coordinator at Giant Campus, a Seattle, WA-based on-line high school specializing in developing student technology and business skills. She also was office manager for Northlight Communication, Inc., Seattle and Co-owner and Vice President of Jewell Electric, Inc., Mount Vernon, WA.

Molnar earned a Bachelor of Arts degree in Society, Ethics and Human Behavior from the University of Washington where she served as student editor of the University's Policy Journal. She also attended Shoreline Community College, Shoreline, WA and Ashmead College, Seattle, where she received licensure as a Massage Practitioner.

Active in the community, Molnar is a member of the Dr. Samuel Gordon Brooks Guild of Anacortes and the Birchwood Elementary School PTA.



Courtney Orrock leaves IHF

Courtney Orrock, who served as Development Coordinator for the Island Hospital Foundation for the past two years resigned her position at the end of 2010 to move to Las Vegas, NV where her husband has accepted a new position. She said she has enjoyed her time working with the Foundation and looks forward to hearing about the good things it will be doing in the future.

IHF President Kuhn expressed appreciation for the passion and professionalism Orrock brought to the Foundation and joined others on the organization's Board of Directors in wishing her well.



\$75,000 for GeneXpert



Island Hospital Foundation President Dianne Kuhn (front center) hands a check for \$75,000 to Island Hospital Laboratory staff to purchase the GeneXpert System, the first testing equipment of its kind to fully automate and integrate steps required for Methicillin-resistant *Staphylococcus aureus* (MRSA) testing, providing results much more quickly (see article page 10).

Winter on the waterfront heralds holidays

Thanks to generous donors and dedicated volunteers, the 4th annual Celebration of Trees – a signature event sponsored by the Island Hospital Foundation – was a great success. Always a community favorite, the Celebration drew crowds to the Port of Anacortes Event Center to view beautifully decorated Christmas trees and wreaths, enjoy some gingerbread and cider and raise paddles to support Island Hospital's monthly community health screenings.

The Saturday evening auction event raised more than \$30,000 to support health screenings and to fund mammograms for those in our community who might otherwise not receive this lifesaving service.

You Can Save a Life – You Have It in You!

Please give blood at Island Hospital

Monday, March 14 • 10 a.m. - 4 p.m.

Island Health Resource Center Conference Rooms

Reservations preferred, but not required.

Call 299-1309 for reservations or info.

Remembering

Island Hospital Foundation has received caring donations recognizing the following loved ones:

IN HONOR OF:

Cardiopulmonary Rehab Team

Hal Clure MD

Dick Cooke

Courtney Orrock

Kathy and Ray Timothy

IN MEMORY OF:

David Abbott

Mary T. Luvera

Martha R. Allison

Keren Mallary

Arthur A. Arndt

Mary Mansfield

Cinde Atterberry

Dave Milholland

Thelma Irene Babcock

James H. Miller

Howard Bell

Faye Mozeski

Claudette Diane Benz

Craig Nielsen

Patricia Biddison

Louie Padovan

John Carabba

Gina Markel

Pete Dragovich

Pennington

Vincent Dragovich

Betty Pierson

Keith Eide

Hildegard "Betty" Pierson

Judy Ellin

Kathryn "KD" Powell

Frances Ford

Donald F. Rauch, Jr.

Harry French

Bob Roose

Don Hayes

Albert O. Schmitt

Dennis J. Heggem

O. Newell Sheffer

Celeste Kidder

Don Strom

Craig Kirby

Wendell Trafton

Polly Lane

Christopher Whatley

Helmer & Alma Leno

Ian Wright

Archie & Alma Lloyd

Rick Yates

Anton Lovric

To remember or honor someone with a donation, please make check payable to "Island Hospital Foundation" and mail to:

PO Box 1143,
Anacortes, WA 98221

Info: (360) 299-4201



Gala of Hope off to the races

Listen for strains of *My Old Kentucky Home* and the clink of mint juleps as Island Hospital Foundation brings the excitement and glitz of the Kentucky Derby to Anacortes in April. The 8th Annual Gala of Hope harnesses the energy and creativity of dedicated volunteers, supporters and local businesses for one special evening – all to support Island Hospital and help sustain high-quality, close-to-home healthcare in our community.

In addition to a live auction of much-admired items, Gala attendees raise their paddles to fund special technologies or medical



equipment that is particularly valuable to the hospital in expanding patient care. The 2010 paddle-raise portion of the auction funded a state-of-the-art system that reduces testing time for antibiotic-resistant bacteria and helps ensure that Island Hospital remains a safer place for patients. The GeneXpert System was recently featured on an ABC news segment

entitled *New Inventions Help Fight Diseases in the Developing World*.

Tickets are now on sale for the Gala of Hope, held April 30 in the Port of Anacortes Event Center. For reservations or more information call (360) 299-4201 or visit the Foundation office adjacent to the front lobby of Island Hospital, 1211 24th St., Anacortes.

*You're
Invited!*



KENTUCKY DERBY

Gala of Hope

TICKETS ON SALE NOW

PULL OUT YOUR FANCIEST HAT OR YOUR SWANKIEST BREECHES AND GALLOP TO THE THE PORT WAREHOUSE FOR "KENTUCKY DERBY" THIS APRIL!

APRIL 30, 2011

Port Warehouse, Anacortes, WA

Purchase your tickets early, before they sell out!

Please call the Island Hospital Foundation at 360-299-4201 or visit www.islandhospitalfoundation.org to purchase tickets or for more information about sponsorship opportunities.



Finance Department staffers Sarah Ney (left) and Eric Wildman gather new coats purchased with employee donations for the Coats for Kids campaign.

IH Employees fund coats for kids

This winter 87 area children will sport warm new outerwear thanks to the energy and generosity of Island Hospital employees. The *Coats for Kids* drive was organized by the Island Hospital Employee Council with the goal of making a difference for some youngsters in the community whose families are struggling financially.

Sarah Ney, a Systems Analyst in the IH Finance Department and a Council member who organized the project said *Coats for Kids* is a way for hospital employees to help address some unmet needs of individuals and families in the area. “We wanted to do something that contributed to the health of the community,” she said. “Especially the children.”

The Employee Council worked with At-Risk Intervention Services in Mount Vernon and Citizens Against Domestic and Sexual Violence in Oak Harbor to identify children of families in need. In all the Council raised and donated more than \$2,600 to buy coats for some very deserving kids.

The Employee Council at includes representatives from each hospital department and was organized to create camaraderie among employees and support fundraising efforts in the community.

IH Auxiliary winds up another “funraising” year

For more than 50 years members of the Island Hospital Auxiliary have successfully combined activities that benefit the hospital with a sense of fun that is always contagious. This year was no different. Proceeds from the group’s annual Penny Drive in October are providing support for those in the community who need financial assistance to participate in *Lifeline*, a personal response system.

In November the Auxiliary’s popular sale of beautifully decorated mini Christmas trees was a sellout with more than 50 trees gone to deck the halls throughout the hospital and community. The December Bake Sale, which traditionally features holiday cookies, pies and cakes, also drew an enthusiastic response from hospital staff, patients and visitors, leaving only crumbs for late-comers.

Proceeds from these and other Auxiliary activities help fund new medical equipment to improve and expand patient care. A crash cart was purchased by the group in 2010 and is now in service in the Thomas P. Brooks MD Birth Center at Island Hospital.

Always pleased to welcome new members, the Auxiliary gathers for a luncheon meeting on the 1st Monday of each month, except July and August. Interested in joining the group? Call the Island Hospital Foundation at (360) 299-4201.

IH Auxilians selling exceptionally well-decorated trees at their annual sale are (from left) Shirley Smith, Claudia Dillman and Pam Birchfield.



LIFELINE® . . .

24-hour support for medical emergencies, at the push of a button!



Before you order an emergency-response unit, check the Lifeline facts:

- Low-cost installation — usually within two days of call.
- We’re local, not an out-of-state “800 call center” — for installation or service just call Bill Walker, Island Hospital employee, at 293-7563.

We have more than 300 happy customers in our community!



ISLAND HOSPITAL

Call us for more info:
293-7563

Exercise hour helps participants with diabetes live better

It's no secret that exercise is a key element in controlling Type 2 diabetes. Most healthcare professionals encourage their patients to get moving and keep moving if they're living with this condition. But that's a vague prescription. How much exercise is enough? What kinds of physical activity work best? How long and how often should exercise be undertaken?

These are questions that prompted the Diabetes Education Program at Island Hospital to offer a new exercise program that, along with proper diet and medication (if taken), can help participants control their weight and blood-glucose levels and improve their body's use of insulin, while increasing muscle strength, bone density, energy levels and more.

The hour-long sessions are supervised by Molly Cassidy, a certified Exercise Specialist at Island Hospital. A firm believer in the benefits of physical activity to assist in controlling diabetes Cassidy says, "The human body is a marvelously complex machine and like all machines it must be run regularly to operate well."



The IH Diabetes Exercise Hour is held Tuesdays and Fridays, beginning at 10 a.m. in the Hospital's Cardiopulmonary Rehabilitation Gym. Participants should wear comfortable clothing, shoes appropriate for exercise and bring a small snack for after the session. Participants also are required to have their blood-glucose level checked before and after each session for safety and are encouraged to bring their own meter to each exercise session. Two healthcare professionals are present at all sessions to offer assistance and answer questions.

The cost to participate in the Diabetes Exercise Hour is \$29 per month plus tax for single participants and \$39 per month for a participant and spouse. Those over 80 years of age who wish to join the program may do so without charge.

Ready to get going? Call (360) 588-2074 for further information.

Gifts & More at Island Hospital

Check out our unique gift selection!



Holiday card winner



Island View 5th grader Heather Hanson's art was selected for use as Island Hospital's holiday card for 2010. Her winning artwork (inset) earned her an ice cream party for her entire class, served by Island Chief Executive Officer Vince Oliver and Executive Assistant Suzanne Staum.

15% Off

Entire purchase of \$20 or more

Not valid with any other offer, candy or sale items.

EXPIRES 3/4/11

25% Off

Entire purchase of \$50 or more

Not valid with any other offer, candy or sale items.

EXPIRES 3/4/11

Located in the front lobby of Island Hospital

1211 24th Street • Anacortes

360.299.1368

Classes & Support Groups

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

Locations: Island Health Resource Center (IHRC) Conference Rooms 1, 2, 3 are in the lower east level of the hospital near the helipad.

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

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

Advance 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, April 11, 2 - 3 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Registration: Leave a message at 299-4204

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.

This program is sponsored by the American Cancer Society along with the Personal Care Products Council and National Cosmetology Association.

When: Mondays, Feb. 21, Mar. 21, Apr. 18,

May 16, 1 - 3 p.m.

Where: Guemes Room

Cost: FREE

Registration: 299-4200

Birth and Beyond

**Due to possible cuts to DSHS pregnancy medical coverage that have not been determined at press time, Childbirth classes may no longer be covered. Please call 299-1309 for current information.*

Choices in Childbirth

This six-week series covers prenatal nutrition, stages of labor, relaxation, breathing

and other coping techniques. We will also discuss possible complications, variations and interventions that can sometimes occur. Breastfeeding and basic newborn care also will be covered.

When: Thursdays, 6:30 - 9 p.m.; March 3 -

April 7; May 5 - June 9; July 7 - August 11

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$95 for six-week session or free with DSHS coupon* (Optional - \$15 for *Pregnancy, Childbirth and the Newborn*)

Registration: 299-1309

Weekend Childbirth Classes

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

When: Schedule set based on interest

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$130 or free with DSHS coupon* (Optional - \$15 for *Pregnancy, Childbirth and the Newborn*)

Registration: 299-1309

Breastfeeding Matters



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

Effie-Jo Lindstrom BA, BSN, IBCLC has been a lactation consultant for 21 years.

When: Monday, February 21, 5 - 6:30 p.m.

Monday, April 18, 5 - 6:30 p.m.

Where: IHRC Conference Room 3

Cost: \$10 or fee waived for those on DSHS pregnancy medical

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

Registration: Leave a message at 299-4204

Car & Booster Seat Clinic



Drop in to have your car and booster seats checked by nationally trained car seat technicians from Skagit EMS. They will check your seat

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

When: Thursday, February 10, 3 - 5 p.m.

Thursday, April 21, 3 - 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

Diabetes Education

Diabetes Self-Management Education Program

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

Driver's Safety

NEW AARP Driver's Safety Program

During this two-session class intended for those 55 and older, you will refresh your defensive driving techniques, review the rules of the road, learn new traffic laws and much more! Get a discount on your auto insurance for completing the course. Classroom instruction only.

When: Thursday, March 24 & Friday,

March 25, 9 a.m. - 1 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

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

Registration: 299-1309

Life Center Programs

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty, or stent placement in the past year, this monitored exercise program will help you increase your endurance and provide you with the necessary education you need to make lifestyle changes for better cardiac health. Call 588-2074 for more information.

Pulmonary Rehabilitation

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

Heart Health Assessments

For \$49, meet with our Cardiac Rehabilitation Nurse one-on-one to assess your cardiac risk factors. Appointment includes cholesterol, triglycerides and glucose blood tests as well as a 12-lead EKG interpreted by a cardiologist, 10-year risk projection and heart health education. Call 588-2074 for more information.

Smoking Cessation

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

Parenting

Positive Discipline: Effective Parenting Skills for All Ages



Learn how to understand the meaning of your child's behavior and gain the parental tools to respond effectively. This 3-session class will provide an overview of each developmental stage a child experiences and show you how to support their growth as a mentally healthy person with functional coping skills. Free childcare will be provided, but **MUST** be prearranged by calling 299-1309, and space is limited.

Sponsored by the Kiwanis Noon Club of Anacortes.

When: Tuesdays, Feb. 22, Mar. 1 & 8, 6 - 8 p.m.

Where: IHRC Conference Room 3

Cost: \$10 per household

Instructor: Kathie Ketcham MA, LMFT, CMHS

Registration: Leave a message at 299-4204

Physical Activity

Keep on Dancing!



Ethnic dancing of the Middle East (belly dance) is a healthy and fun way to enjoy exercise long into life. This form of dance helps to strengthen the pelvic girdle, align the spinal column, strengthen muscles and improve balance. Come to any or all of the eleven classes and just drop in. No experience required. Beverly Swanson has been teaching dance for 35 years.

When: Tuesdays, Feb. 15 - Apr. 26,

6:30 - 7:30 p.m.

Where: Island Hospital Physical Therapy & Rehabilitation, 715 Seafarers Way

Cost: \$12 per class

Instructor: Beverly Swanson

Registration: Leave a message at 299-4204

Physical Therapy Programs

NEW Life & Therapy After Joint Replacement Surgery

For those planning on having elective orthopedic joint replacement surgery, this class will discuss management of durable medical equipment, standard hip precautions and common occupational and physical therapeutic exercises conducted with patients after surgery. Please bring your durable medical equipment.

When: Wednesday, February 9, 4 - 5:30 p.m.

Wednesday, April 13, 4 - 5:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Instructor: Island Hospital Physical and Occupational Therapists

Registration: Leave a message at 299-4204

NEW Protect Your Back

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

Also, learn how to develop and/or maintain a strong core.

When: Wednesday, March 9, 4 - 5:30 p.m.

Wednesday, May 11, 4 - 5:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Island Hospital Physical and Occupational Therapists

Registration: Leave a message at 299-4204

Women's Safe Weight Training



Learn about the importance of weight resistance training to help prevent falls, support body organs, improve posture and prevent or slow osteoporosis. You will also learn proper body mechanics to improve the way your body moves and learn which foods to include in your diet to help keep your bones strong. A home exercise program will be provided.

Virgeen Stilwill is a Doctor of Physical Therapy at Island Hospital Physical Therapy & Rehabilitation and Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Thursday, April 14, 9 - 11 a.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Virgeen Stilwill DPT &

Beverly Swanson, Nutrition Educator

Registration: Leave a message at 299-4204

Urinary Leakage

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

Reiko Nystrom is a Physical Therapist at Island Hospital Physical Therapy & Rehabilitation.

When: Tuesday, April 26, 9 - 11 a.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$10

Instructor: Reiko Nystrom MPT

Registration: Leave a message at 299-4204

Self-Care

NEW Art Therapy for Health



Learn about art therapy, its history, how it is used and how creative activity can increase the "feel good" chemistry of the brain. Informational presentation only.

YOUR HEALTH MATTERS

Sheila Simpson-Creps has an MA in Psychology and Art Therapy, a MFA in painting and is a Licensed Mental Health Counselor Associate.

When: Tuesday, February 15, 12 - 1 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Shelia Simpson-Creps MA, LMHCA, MFA

Registration: Leave a message at 299-4204

Creating Habits of Health ~ The Power of Choice



Engage your power of motivation and choose to lose weight, improve your health, or create success in any area of your life. Identify what matters most and develop new *habits of choice*,

creating a path that leads to real and lasting change.

When: Tuesday, February 22, 2 - 4 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Veronica Spencer RN, Health Coach
Registration: Leave a message at 299-4204

Create the Habits of Health ~ Weight Loss and Beyond

Achieve optimal health through nutritional intervention and lifestyle management. By making new choices and practicing simple *habits of health*, you can replace unhealthy patterns with new behaviors to get better nutrition, reach a healthy weight, and maintain your health for life.

When: Wednesday, February 23, 2 - 4 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Veronica Spencer RN, Health Coach
Registration: Leave a message at 299-4204

NEW Stress Relief with Art Therapy

Explore creative ways to reduce your stress level through art therapy in this 6-week class. Art therapy can increase self-esteem, create personal meaning and promote growth. No art experience needed! Art supplies provided.

See "Art Therapy for Health" for instructor's information.

When: Wed., March 2 - April 6, 1 - 2:30 p.m.

Where: IHRC Conference Rooms 1 & 2

Cost: \$90

Instructor: Shelia Simpson-Creps MA, LMHCA, MFA

Registration: Leave a message at 299-4204

Mind & Body Healing



Learn about neurofeedback and how it can retrain the nerve pathways in the brain to help reduce chronic anxiety and stress. This presentation is informational only. Demonstrations of

relaxation methods you can practice on your own will be included.

When: Wednesday, March 2, 6 - 8 p.m.

Where: IHRC Conference Room 3

Cost: FREE

Instructor: Joan Cross PT, MPH, RC

Registration: Leave a message at 299-4204

Meditation for Everyday Living



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

techniques and guided exercises.

Jan Hodgman, MA has more than 40 years of experience with meditation.

When: Wed., March 16 & 23, 6:30 - 8:30 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: \$35

Instructor: Jan Hodgman MA

Registration: Leave a message at 299-4204

Skin Care from Nature



Learn to make your own natural beauty oils for wrinkles, scars, acne, dry or oily skin and more! Make your own to take home.

Michelle Mahler of Circle of Healing

Essences has been leading workshops at Puget Sound area Co-ops and schools since 2004.

When: Tuesday, March 22, 6 - 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20, includes supplies

Instructor: Michelle Mahler

Registration: Leave a message at 299-4204

Clearer Communication Using Deep Listening

Ever feel like you're just not being heard? This class can transform your ability to communicate through simple experiential exercises. This class is especially recom-

mended for parents wanting to deepen their connection with their children.

See "Meditation for Everyday Living" for instructor's information.

When: Wednesday, March 30, 6 - 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$25

Instructor: Jan Hodgman MA

Registration: Leave a message at 299-4204

Mind & Body Wellness with Essential Oils

Find more balance and vitality in your life by using essential oils. Learn to choose the right oils for you and how to safely use them. Create your own aromaspray and therapy oils to take home.

See "Skin Care from Nature" for instructor's information.

When: Tuesday, April 5, 6 - 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20, includes supplies

Instructor: Michelle Mahler

Registration: Leave a message at 299-4204

Basic Nutrition



Knowing the basics of good nutrition can help you get the nourishment you need. In this class, you will learn how vitamins and minerals help your body function, why our bodies need soluble

and insoluble fiber, how our bodies process fat, the importance of hydration and more!

Beverly Swanson was trained as a nutrition educator at Bastyr University.

When: Wednesday, April 20, 7 - 8:30 p.m.

Where: IHRC Conference Room 3

Cost: \$15

Instructor: Beverly Swanson, Nutrition Educator

Registration: Leave a message at 299-4204

Body Care from Nature

During this hands on workshop, you will learn about essential oils while creating your own sugar scrub, body smoother or healing aromatherapy oil for stretch marks, scars, dry or oily skin and more!

See "Skin Care from Nature" for instructor's information.

When: Tuesday, May 3, 6 - 7:30 p.m.

Where: IHRC Conference Room 3

Cost: \$20

Instructor: Michelle Mahler

Registration: Leave a message at 299-4204

YOUR HEALTH MATTERS

Special Events

Sleeping Hard or Hardly Sleeping ~ An Overview of Sleep Disorders



Join Dr. Gersappe from Island Hospital's Sleep Wellness Center to learn the basic physiology of sleep, the effects of poor sleep and how testing is done for sleep disorders. Obstructive sleep apnea

and restless legs syndrome will also be discussed.

When: Wednesday, February 16, 3:30 - 5 p.m.

Where: Cypress Room

Cost: FREE

Presenter: Dr. Anand Gersappe MD, PhD, FAASM

Registration: Leave a message at 299-4204

Island Hospital Update



Island Hospital Chief Executive Officer Vince Oliver will present an update on Island Hospital including the new Medical Arts Pavilion construction project, U.S. economy's

effect on Island, physician recruitment and more.

When: Monday, March 7, 5 - 6 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Registration: Leave a message at 299-4204

Lumbar Spinal Stenosis



Dr. Mourning from Northwest Orthopaedic Surgeons, will discuss treatment options for lower back discomfort from spinal stenosis that leads to pain and numbness or weakness in the

legs, feet and buttocks. Treatments covered include non-operative therapy, traditional surgery and a new minimally invasive technology.

When: Monday, March 28, 7 - 8 p.m.

Where: IHRC Conference Rooms 1, 2 & 3

Cost: FREE

Presenter: David M. Mourning MD

Registration: Leave a message at 299-4204

Weight Management

Overweight?

Over time, weight seems to just creep onto us, yet it does so at a cost to our health, mobility and agility. Meet with our regis-

Registration Form

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

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

General Information

Payment:

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

Cancelled Classes:

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

Refunds:

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

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

Name (please print) _____

Address _____

Phone: Day _____

Phone: Eve _____

♥ Class _____

Date(s) _____

Fee \$ _____

tered dietitian, Suzie DuPuis, for an individual dietary session. Please call 299-1300, ext. 2567 for more information.

Other Resources

HIV/AIDS Training for Licensure

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

Island Prenatal Care Center

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

Lifeline

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

293-7563 or emailing wwalker@islandhospital.org.

SHIBA HelpLine

SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine is a core of volunteers trained by the Washington State Office of the Insurance Commissioner and is sponsored locally by Island Hospital. The volunteers assist people of all ages and nationalities with their local health insurance options at no charge. The volunteers can have no affiliation with any insurance product and do not sell or recommend insurance plans. Please call 299-1342 for an appointment.

Anacortes Teen Clinic

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

Support Groups

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

Headaches

2nd Wednesday, 7 - 8 p.m.
IHRC Conference Room 3
Contact: Amber, 360-873-8823

Parkinson's

3rd Thursday, 1 - 2:30 p.m.
IHRC Conference Room 3
Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. - 12:30 p.m.
IHRC Conference Room 3
Contact: Carl, 299-3892

Restless Leg Syndrome

Call for dates and times
IHRC Conference Room 3
Contact: Charlotte, 293-7328

Stroke

3rd Tuesday, 4 - 5:30 p.m., odd months
IHRC Conference Room 3
Contact: Alisha, 299-1300 ext. 3107

Anacortes Support Groups

Alzheimer's

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

Grief

2nd & 4th Mondays, Noon - 1:30 p.m.
Westminster Presbyterian Church, 1300
9th St. Anacortes
Contact: 360-814-5550

Hearing Loss of Skagit County

2nd Tuesday, 1 p.m.
Anacortes Senior Activity Center, 1701
22nd St. Anacortes
Contact: Jerry or Joanna, 299-3848

Skagit County Support Groups

Loss of a Child

2nd & 4th Thursdays, 5:30 - 7 p.m.
Hospice of the Northwest, 819 S. 13th St.
Mount Vernon
Contact: 360-814-5589 (Pre-registration
required)

Sjögren's Syndrome

Quarterly on Saturdays
Skagit Valley Hospital, Mount Vernon
Contact: Ursula, 299-8978 or Linda, 360-
676-1926

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

HEALTH SCREENINGS

Sponsored by *Island Hospital Foundation*

Ongoing Blood Pressure Checks

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

Island Health Resource Center - every Wednesday, 9 a.m. - noon

Anacortes Senior Activity Center - last Tuesday of the month, 9 - 10:30 a.m.

La Conner Medical Center - 1st and 3rd Thursdays of the month, 9 - 11 a.m.

WA State Ferry - 1st Monday of the month (now through March), 8:55 a.m. sailing to Friday Harbor and back

Hearing Screening

Are you having a hard time hearing as well as you used to? Help is available and easy once you have confirmed hearing loss. This screening will provide you with a simple hearing test provided by Dr. Holly Kennedy of the Anacortes Hearing Center. Appointments are required!

When: Tuesday, February 8, 9:30 a.m. - 4 p.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

Colon Cancer Screening

This screening will provide you with a take-home stool sample kit that can detect hidden blood, which can be a symptom of growths within the colon. Just complete the kit and return it to Anacortes Family Medicine. Your results will be mailed to you. No appointment required, just stop by to pick-up a kit. **You must be present to get a kit!**

When: Tuesday, March 8, 9 - 11 a.m.

Where: Anacortes Family Medicine (2511 M Ave. #B)

Cost: FREE

Questions: 299-1309

Memory Awareness Screening

Are you or a loved one becoming more forgetful or maybe have started to misplace things more often? If so, this screening can be a first step in helping determine if you might suffer from memory loss. This examination consists of a series of questions and tasks designed to test memory, language, thinking and other intellectual functions. Appointments are required!

When: Tuesday, March 15, 9 - 11 a.m.

Tuesday, May 17, 9 - 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Appointments: Leave a message at 299-1367

Vitamin D Screening

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

When: Tuesday, April 5, 9 - 11 a.m.

Where: Island Health Resource Center

Cost: \$45

Appointments: Leave a message at 299-1367

Cholesterol & Glucose Screening

This blood test determines your total cholesterol, HDL, LDL, triglycerides 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. **No appointment required. First come, first served.**

When: Tuesday, April 12th, 8 - 11 a.m.

Where: Island Health Resource Center

Cost: \$10

Questions: 299-1309

Pulmonary Function Screening

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

When: Tuesday, May 3, 8 a.m. - noon

Where: Cardiopulmonary Rehabilitation

Cost: FREE

Appointments: Leave a message at 299-1367

Bone Density Screening

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

When: Tuesday, May 10, 9 - 11 a.m.

Where: Island Health Resource Center

Cost: \$5

Appointments: Leave a message at 299-1367

IH Home Health gauges patient satisfaction



By Penny Snarrenberg RN
IH Director of Home Health

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

Our Promise is taken very seriously at Island Hospital Home Health (IH HH). We bring the skills of Nurses and Physical, Occupational and Speech Therapists into the homes of individuals who need extra help with a challenging medical condition or recovery from illness or surgery.

At IH HH, we're constantly seeking ways to improve our services and the experience of patients who receive them. Studies have shown better care experiences often lead to better health outcomes and enhanced quality of life.

To continually improve our performance, we regularly solicit feedback from patients, caregivers, staff and healthcare providers. When discharged from the program, patients are asked to answer a questionnaire asking questions such as:

- When you first started getting care from IH HH, did someone tell you what care and services you would get?
- Did someone talk with you about how to set up your home so you can move around safely?
- Did someone ask you about the prescription drugs you are taking?
- Did Home Health providers arrive at your home when they said they would?

We are asking these and other questions of our patients so we can measure our efforts, and continually improve our services. Our goal is to provide patient-centered care based on trust and respect, and live up to the Island Hospital Promise.

Island Hospital Home Health is the only locally owned and operated home-health agency in the area. We are located at 1211 24th St., Anacortes, and can be contacted at (360) 299-1302.

Patient Robert Separovich with Bonnie Bowman RN, Island Hospital Home Health.



Healthy Eating

by **Suzie Dupuis RD**
Island Hospital Dietitian



Thoroughly Fresh!

Whid-Isle Carrots

(Serves 4)

Carrots with a sweet twist – You'll love 'em. Flavors blend well together and the nuts add a nice crunch.



- | | |
|--------------------------------|--|
| 4 carrots, halved | 1/4 tsp nutmeg or mace |
| 1 Tbsp local honey | 1/4 tsp salt |
| 1 Tbsp apple juice concentrate | 1/4 tsp pepper |
| 3 Tbsp fresh parsley, minced | 1/3 cup sesame oil or trans-free margarine |
| 1/4 cup toasted hazelnuts | |
| 1 small clove garlic, minced | |

- Steam carrots for approximately 8 minutes, until tender but firm. Cool, then grate w/large holed grater.
- Mix grated carrots with remaining ingredients.
- Heat oil in large skillet over medium heat. Fry mixture until heated through.

Nutrition Analysis:

Cals: 229; Protein: 2g; Carbohydrate: 12g; Dietary Fiber: 3g;
Tot. Fat: 17g; Sat Fat: 0.3g; Trans Fat: 0; Sodium: 123mg



continued from Page 12

- Q - Did you exercise on the program?
A - I went for a walk every day I had an opportunity and recently added other exercises at home.
- Q - What advice would you have for someone who would also like to lose weight?
A - My advice is to try different methods but focus on healthy food choices. You are what you eat.
- Q - How would you describe the changes you have gone through?
A - I love feeling better and plan on staying healthy so I can enjoy EVERYTHING.

Island Hospital
Foundation
PO Box 1143
Anacortes, WA 98221

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The ONLY Locally Owned Home-Health Agency Serving Skagit & San Juan Island Counties

You will receive skilled care from our experienced, professional healthcare staff in the comfort and privacy of your home. Island Hospital Home Health clinicians coordinate with your physician to meet your individual needs.

- **Registered Nurses**
- **Wound Care**
- **Physical Therapists**
- **Home Health Aides**
- **Speech Therapists**
- **Social Workers**
- **Occupational Therapists**

MEDICARE & MEDICAID CERTIFIED



ISLAND HOSPITAL
HOME HEALTH
360.299.1302

www.islandhospital.org

