



Fall 2013

ISLAND HOSPITAL

Heartbeats

MAGAZINE

**Psychiatry &
Behavioral
Health at
Island
p. 12**

**Island Hospital highly ranked by Consumer Reports p. 2
Understanding new health-insurance rules p. 10**

Commissioner's Message

Island Hospital waits on affiliation

by *Buzz Ely MD*

President, IH Board of Commissioners



For nearly two years, the Island Hospital Board of Commissioners has worked with Skagit Regional Health (SRH), Mount Vernon, and Cascade Valley Hospital (CVH), Arlington, to seek a larger healthcare partner. In a joint board meeting in Mount Vernon in August, CVH and SRH Boards of Commissioners voted to move forward with a letter of intent to negotiate with PeaceHealth, to include its proposed strategic collaboration with UW Medicine, while Island Hospital's Board voted not to affiliate with a larger health system at this time.

IH Commissioners emphasized that we will continue to work with Skagit Regional Health (SRH) and Cascade Valley Hospital (CVH), as well as the potential affiliation partners on current and new programs that are beneficial for healthcare delivery to our community.

Our Board put in hundreds of hours to make the best decision for this community to retain and grow quality healthcare services for our patients. We have appreciated and listened intently to the comments and concerns raised during this public process. We understand the issues raised and will continue to support SRH and CVH's mission of coordinating care in the region.

We expect to maintain strong relationships with SRH, CVH, the three large health systems – PeaceHealth, Virginia Mason and Providence-Swedish – that submitted proposals, as well as the University of Washington. We recognize and appreciate that all organizations involved in these discussions, visits and presentations invested significant resources and time.

The Board of Commissioners will continue to seek partnerships and affiliations if they serve in the best interest of our community, enhance service quality and improve financial strength. As promised at the August meeting, the Board has formed an ad-hoc Community Advisory Committee (CAC) to increase our interaction and communication with residents of our district. Members of the CAC will be selected to achieve a balanced representation of our community. The CAC meetings, just as the regular monthly Board meetings, are open to the public. Visit www.islandhospital.org/leadership for dates and location.

On behalf of the entire Board, we thank all who have helped in this process and those who have commented at public meetings, sent emails and letters, contacted us by phone and spoke with us personally. We are proud to serve as Commissioners of an excellent hospital that has exceptional physicians, employees and volunteers; an outstanding Foundation; strategic partners Orcas Medical Center and Lopez Island Medical Clinic; as well as a community that engages and supports our work so tirelessly.

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

Island Hospital ranks high in surgical-rating survey

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

Consumer Reports, which usually compares and ranks cars, vacuum cleaners and other consumer products, expanded its reporting into healthcare services for this survey. In conjunction with MPA, a healthcare consulting firm, the magazine analyzed billing claims for Medicare patients from acute care or critical-access hospitals in the U.S and Puerto Rico from 2009 to 2011.

The ratings are based on percentages of a hospital's surgery patients who died in the hospital or who remained inpatients longer than expected for selected surgical procedures. The overall rating covered 27 kinds of scheduled surgeries, but also developed separate ratings for five of those procedures including back surgery, replacements of the hip or knee, and surgery to clear blockage in arteries that supply the heart (angioplasty) and the brain (carotid artery surgery). Ratings do not reflect medical complications that arose after patients were discharged from the hospital.



continued on Page 22

Hospital board seeks Community Advisory Committee members

Local residents who are active in the community, or regularly interact with the public or community organizations are sought to serve on an ad-hoc Community Advisory Committee (CAC) for the Island Hospital Board of Commissioners. The CAC will serve to increase community interaction with the commissioners who oversee Island Hospital, Skagit County Public Hospital District No. 2, especially on the topic of a potential affiliation with a large health system.

Those who are interested should submit an email to cac@island-hospital.org or letter of interest -- including current employment, elected office held and/or community involvement -- to Community Advisory Committee, ATTN: Administration, 1211 24th St., Anacortes, WA 98221, no later than Oct. 18. Meetings are expected to begin in late October.

For more information call (360) 299-1327.



As I See It...

By Vince Oliver, IH Chief Executive Officer

Over the past year, attention has been focused on our collaboration with Skagit Regional Health and Cascade Valley Hospital, especially our search for a common large health-system partner. In the midst of all the attention by the regional media, American Civil Liberties Union, Washington Governor Jay Inslee and State Attorney General Bob Ferguson, local organizations and others, Island Hospital was recognized for providing high-quality surgical care and initiated a new Pain Management program.

Island Hospital Commissioners, as noted in Board President Buzz Ely's column on page 2, continue dialog about an affiliation that is most beneficial for our community. I am impressed and encouraged by the hundreds of local residents who took time from their busy schedules to attend public meetings and provided comments in person, via mail, email and telephone. Our hospital is exceptional because of community interaction, support and involvement; I'm very encouraged by this process.

As you can read on page 2, *Consumer Reports* ranked Island Hospital 10th in the State of

Washington for surgical services. On behalf of Administration and the Board of Commissioners, I congratulate our entire Surgery staff, whose exceptional efforts bring these high-quality services to the communities we serve.

Our Pain Relief & Supportive Care program was launched earlier this year to meet demand in our district for these services. Geoffrey Godfrey FNP, MSN, is a very skilled and compassionate provider who has helped a number of patients alleviate chronic pain. Godfrey has written a column in this issue "Seniors and chronic pain" that appears on page 8.

We are about to begin a remodel of our 24th Street lobby to streamline our admitting process and expedite Laboratory service delivery. The project includes adding private admitting offices and a new draw station near the front lobby. This is explained in detail on page 9.

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

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

COMMISSIONERS

c/o Administration

1211 24th St,

Anacortes, WA 98221-2590

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POSITION 2

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Bojan Kuure retires after 41 years

Bojan Kuure RN has retired as Island Hospital's Surgical Service Director after 41 years of service. Kuure started as a surgery nurse in 1972 and was promoted to Operating Room Supervisor in 1984, then Director in 1995.

In a letter to Kuure, the Island Hospital Board of Commissioners acknowledge her "magnificent contributions to Skagit County Public Hospital District No. 2, the communities we serve and the many patients who you have helped on international medical missions. Your work has had far-reaching effects at home and abroad and you have exemplified a humanitarian spirit that is a shining example of compassion."

As Director of Surgery at Island Hospital, Kuure oversaw and maintained very high-quality services for thousands of surgery patients. Under her supervision the IH Surgery Department received national acclaim, statewide recognition and thousands of compliments praising the staff, physicians and facility. Most recent was recognition from a *Consumer Reports* article that ranked Island Hospital as 10th best in Washington for low rates of adverse effects suffered by patients (see article page 2).

Kuure has earned a number of awards from local groups, as well as international acclaim from *Healing the Children*, for her dozens of medical missions.



Bojan Kuure RN receiving award from Healing the Children.

Our Promise

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

Employee of Year, Management Leadership Award presented

The Island Hospital Employee Service Recognition Dinner was held in May, too late for the previous issue of Heartbeats. While the spring issue did recognize employees who reached five-year intervals of service, the Employee of the Year and Management Leadership Award selections are unknown until being named at the event. Therefore, Employee of the Year Sheryl Robinson RN and Management Leadership Awardee Patty Codd are recognized in this issue, months after the announcement.

2012 Employee of the Year Sheryl Robinson RN

Sheryl Robinson RN was named Employee of the Year at the Island Hospital Service Recognition Dinner, marking the second time the knowledgeable Emergency Department nurse has been honored with that award.

Known as an active, compassionate patient advocate, Robinson is, according to her peers, a true team player. "She helps others and shares her knowledge and experience," says a co-worker. "If a problem arises, Sheryl is the first to offer a solution."

Robinson began working at Island Hospital in 1995 and has gained a well-earned reputation as a leader and a mentor to others on the nursing staff. Her supervising director says, "Sheryl is a class act and she exemplifies Island Hospital's Promise to consistently provide the best care and service to patients, families, guests and colleagues."

Emergency Department Director Greg Barley agrees. "Sheryl has been asked many times why she continues to work as a staff nurse, when she could use her talents as a manager. She says she enjoys direct patient care, and I'm glad she continues to do great work for the patients at Island Hospital."

On receiving the award Robinson said she was honored, but that it



was not difficult to be a good employee at Island Hospital. "The Board of Commissioners, Administration, physicians, support teams, my co-workers and my patients all contribute to make Island a great place not only to work, but to receive healthcare," she said.

Patty Codd named 2012 IH Manager of the Year

Selected for the 2012 Management Leadership Award at the annual Employee Service Recognition Dinner, Patty Codd wears three management hats at Island Hospital. She serves as Director of Clinical Operations of Fidalgo Medical Associates, Island Surgeons and the Sleep Wellness Center.

Codd is the "consummate manager" according to IH CEO Vince Oliver. "Patty balances customer, patient and employee care with skill, compassion and professionalism," he said.

For the two multispecialty medical practices and the Sleep Center, Codd provides planning, organization and coordination of systems, as well as a range of financial and human-resources responsibilities. She sees her primary role as creating and sustaining an environment in which each group can provide exceptional care for patients.

Mark Backman MD, of Fidalgo Medical Associates, says he is pleased to see Codd receive recognition as Manager of the Year. "Patty always brings enthusiasm and a positive outlook to her work while remaining organized and thorough," he said. "We are fortunate to have her."

On receiving her award, Codd said she was honored to be named manager of the year. "I respect the terrific people I work with and this award is really recognition for all of our success in operating as a healthcare team."



Kirk Ruddell retires after 38 years at IH

Kirk Ruddell, who served as Island Hospital's first Compliance Officer, retired in June after more than 38 years here. Ruddell started as a Laboratory Medical Technologist in 1975 and was promoted over the years to Lab Supervisor, Lab Manager, Director of Diagnostic Services (comprising Lab and Diagnostic Imaging) and then as Compliance Officer in 2001. Ruddell is shown with wife Donna -- who retired in 2012 after 33 years at Island Hospital -- at his retirement party.

Outstanding therapists join POST at Island

Physical, Occupational & Speech Therapy (POST) at Island Hospital welcomes new members to its outstanding team of therapists.

Kristy Balbi, Occupational Therapy



Kristy Balbi OTR/L, brings extensive experience in treating children, adults and seniors – helping them gain motor, self-help and other valuable skills – and providing a

range of rehabilitative therapies.

Balbi received a Bachelor of Science degree from Texas State University, San Marcos, TX and a Masters in Occupational Therapy from the University of Southern Maine, Lewiston, ME. She is a licensed Occupational Therapist in Texas and Washington State and registered with the National Board of Certification in Occupational Therapy. Balbi also has completed numerous professional development courses to design occupational therapy strategies, interventions and treatments for patients of all ages.

Prior to joining POST, Balbi was a contract Occupational Therapist at Pediatric Therapy Associates, Retama Manor Nursing Center and PSA Healthcare, all located in Corpus Christi, TX. She provided a range of direct therapy services in office and home health settings to patients with rehabilitation needs,

developmental delays, those recovering from injuries, and those with other therapeutic issues. She also has worked as an Occupational Therapist with Pediatric Physical Therapy and Occupational Therapy Service in Seattle, WA.

Balbi and her husband (who is in the Navy) recently moved to Anacortes and have already fallen in love with the area and the welcoming community. They enjoy hiking, yoga, traveling and spending time with friends.

Douglas Weaver, Physical Therapy



Douglas C. Weaver PT, DPT, has a broad range of experience in rehabilitative therapies and has worked extensively with older patients to enhance mobility and function. He

also works with patients suffering from vertigo and imbalance.

Weaver received a BS degree in Kinesiology from Pennsylvania State University, University Park, PA and a Doctor of Physical Therapy degree from Franklin Pierce University, Concord, NH. He completed full-time student clinical affiliations as a Physical Therapist at Granite State Physical Therapy, Concord, NH; Concord Hospital In-Patient Rehabilitation, Concord and the

Otolaryngology Vestibular & Balance Center at Geisinger Medical Center, Danville, PA.

Weaver is licensed to practice in several states including Washington and holds a BLS for Healthcare Providers certification from the American Heart Association.

Before joining POST, Weaver worked as a contract Physical Therapist at several skilled nursing and long-term care facilities in Washington, Texas and Minnesota, including Life Care Centers of America, Skagit Valley, WA, and Kindred Transitional Care and Rehabilitation at Beacon Hill, Longview, WA.

In these clinics he developed care plans and provided therapeutic interventions primarily serving elderly patients, but also working with other healthcare professionals in both traditional and aquatic therapy.

Weaver recently moved to Mount Vernon, WA, where he lives with his wife, Christi. After traveling the country, they were unable to bring themselves to leave the Pacific Northwest.

Physical, Occupational & Speech Therapy at Island Hospital provides a full spectrum of outpatient and inpatient therapeutic and rehabilitative services. POST provides outpatient services in the state-of-the-art Medical Arts Pavilion on the east side of the hospital campus. For more information call (360) 299-1328, 468-3185 ext. 1328 from San Juan County, or visit www.islandhospital.org.

Brian Dodds recognized for 25 years of service



Brian Dodds (center) was recently presented with a photo of the new ambulance with a plate recognizing him for 25 years of exceptional service on the Island Hospital ambulance crew. "Brian is exceptional in every way and we are fortunate to have him here at Island," said Chief Nursing Officer Lois Pate RN who, along with CEO Vince Oliver, made the presentation.

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

**Please give blood at
Island Hospital**

**Tuesday, Dec. 31
10 a.m. - 4 p.m.**

**Island Health Resource
Center Conference Rooms**

Appointments preferred, but not required. Call 299-1309 for an appointment or info.

Betty Hanrahan MSN named Wound Care Manager

Betty L. Hanrahan CWCN-AP, MSN, ANP has been promoted to the position of manager of the Wound Care & Hyperbaric Medicine Center at Island Hospital. She previously was program director of the Center, which opened in January 2012 in the IH Medical Arts Pavilion.



Hospitals and has served as a wound care specialist at several area hospitals.

Active in continuing nursing-education initiatives, Hanrahan is founder and co-director of Wound Management Education Programs and an instructor in the department of Biobehavioral Nursing and Health Systems at the University of Washington, Seattle. She also has served as a professor of nursing at Shoreline Community College, Seattle, WA and as a research associate, medical education manager and staff development officer at regional research institutes, organizations and businesses.

Hanrahan is a member of the Wound, Ostomy & Continence Nurses, the Association for the Advancement of Wound Care, the College of Wound Specialists and serves on the board of the Seattle chapter of the Save a Leg, Save a Life Foundation. She is the author of numerous publications and special presentations on wound care and other related topics.

The Wound Care & Hyperbaric Medicine Center is located in the Medical Arts Pavilion at Island Hospital. For information call (360) 899-4600 or visit www.islandhospital.org.

Hanrahan received a Bachelor of Science in Nursing degree from the University of Washington and a Masters in Nursing from the University of North Carolina, Chapel Hill, NC. She holds certifications as an Advanced Practice Wound Care Nurse, a Foot Care Nurse, a Clinical Wound Specialist and an Adult Nurse Practitioner. She also is a Fellow of the College of Clinical Wound Specialists.

Prior to joining Island Hospital, Hanrahan was a Wound/Education Specialist at Group Health of Washington where she was part of a team responsible for implementing program and clinical direction for patient wound care management. She was regional director of wound care programs for West Region Kindred



Patient Bob Powers receives care from Bonnie Bowman RN, Island Hospital Home Health.

IH Home Health earns HomeCare Elite honor

When you are homebound and need specialized help coping with a medical condition or recovering from an accident, illness or surgery, your choice of home-health agency is of vital importance. It's important to compare. One agency, however, goes beyond compare: Island Hospital Home Health (IH HH).

More proof of the excellent care provided by IH HH is the HomeCare Elite designation, based on patient-care performance measures. The HomeCare Elite honor is bestowed upon the top 25% of home-health agencies in the U.S.

IH HH is the only locally owned, hospital-affiliated home health agency serving Skagit and San Juan counties.

"My sincere congratulations on being named to the top 25% of home-health agencies," said Buzz Ely MD, President of the Island Hospital Board of Commissioners. "This honor truly distinguishes our service and speaks highly of the leadership and the compassion and professionalism of the entire Home Health staff."

Penny Snarrenberg RN, Director of Home Health, said this recognition reflects the exceptional work of the entire department. "Our nurses, therapists, aides, social worker, office staff and hospital support network all share this honor. We care deeply about our patients and will do all we can to provide the best care possible."

Highly skilled, experienced and compassionate, IH HH staff provide consistent, high-quality care, measured not only by State and Federal standards but also by patients' satisfaction and referrals.

Island Hospital Home Health: in Skagit County call (360) 299-1302; San Juan Islands call (360) 468-3185, ext. 1302.



Celebrating the CALNOC Award are RNs (from left) Carie McFarlin, Director of Nursing Denise Jones, Chief Nursing Officer Lois Pate, Chara Leopard, Stacie Paquette, Lori Hrovat, Theresa Pierson and Robin Strauss.

Nursing Dept. earns CALNOC Best Performance award

The Nursing Department of Island Hospital earned a Best Performance for Sustained Excellence Award from CALNOC, the Collaborative Alliance for Nursing Outcomes.

The award recognized the Nursing Dept. for "reducing or preventing hospital-acquired conditions for two consecutive years (2011 - 12)," noted Tony Sung, Chief Operations Officer for the organization. "Your excellent work and efforts are exemplary and to be commended." Sung also expressed appreciation to the nurses and nursing managers at Island for an ongoing "commitment to patient safety and quality."

"I believe this represents the exceptional commitment to quality by our excellent nursing staff," said Island Hospital CEO Vince Oliver. "It is through tireless efforts and an unflinching focus on delivering the best patient care that this outstanding accomplishment is realized."

Mammogram frequency debated, but annual screening still recommended

October is Breast Cancer Awareness month, and it comes with a reminder that although death rates from the disease are decreasing, it's estimated that one in eight women will develop breast cancer in her lifetime. Against this backdrop of sobering statistics, the debate over the frequency of mammograms goes on with respected healthcare authorities and cancer care organizations on both sides of the issue.

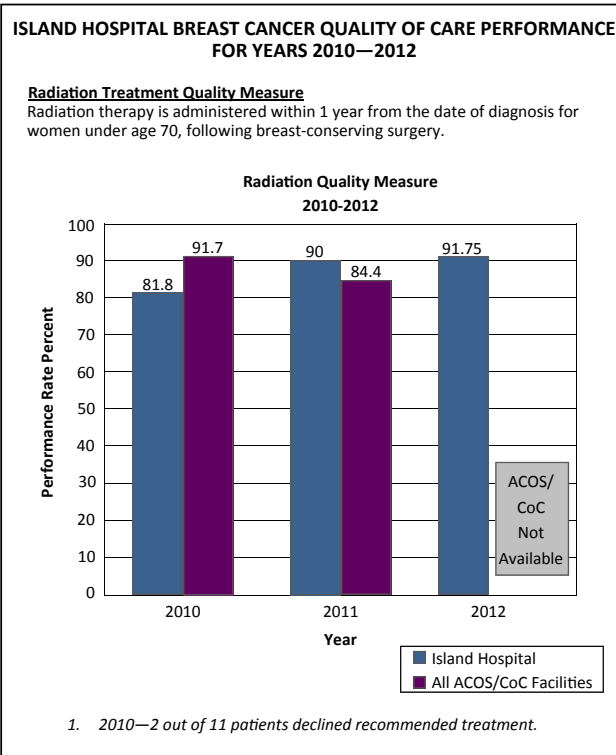
A point on which no one disagrees is that mammograms – x-ray imaging to detect changes in breast tissue – are a valuable tool in detecting breast cancer. Where opinions of healthcare professionals and other authorities have recently diverged is on how often older women – those over 50 – should have a mammogram.

The debate has grown from a new study by the University of California, San Francisco, which claims that older women “get no added benefit from annual screenings and face nearly twice the false positives and biopsy recommendations that may cause anxiety, inconvenience and unneeded follow-up procedures.” The study’s findings are in line with an earlier recommendation by the United States Preventative Task Force, which advised that routine breast screenings be scheduled once every two years from ages 50 to 74.

Despite these findings, many healthcare professions and trusted organizations that initiate and fund cancer research, including the American Cancer Society and the National Comprehensive Cancer Network, recommend yearly mammograms starting at age 40 and continuing for as long as a woman remains in good health.

At Island Hospital these guidelines also are recommended based on current evidence confirming that mammograms offer substantial benefits for women age 40 and older. However, even though regular mammograms can find cancer early, the procedure has limitations according to Enid Oates RN, Oncology Department Manager.

“Screening mammograms can miss some cancers and may lead to false positive readings”, said Oates. “We believe that women



should be told about the benefits and limitations of annual mammograms, but the fact is, they are still a very effective way to detect breast cancer and lead to early treatment.”

To schedule your mammogram, call (360) 299-1315. Medicare covers annual screening mammograms for all female beneficiaries 40 or older. There is no deductible requirement for this benefit.

Breast cancer treatment at Island

Certain breast cancers are to be treated according to nationally accepted quality-improvement measures. Cancer programs, accredited by the American College of Surgeons Commission on Cancer (ACOS/CoC), are required to monitor their facility’s quality of care, data accuracy and completeness for these and other measures. The cancer program then must address performance rates that fall below the 80% or 90% performance thresholds set by the ACOS/CoC. The Island Hospital Cancer Program was recently surveyed and the program’s calculated performance rate was found to be compliant with all required measures.

The information provided in adjacent graphs is based on data reported to the National Cancer Database, by the hospital Cancer Registrar.

The rates shown are indicative of the high quality of care cancer patients receive at Island Hospital. The facility’s rate of performance is in line with all other ACOS/CoC-approved programs across the U.S.

Island Hospital Cancer Registrar Teena Peardon compiles and maintains records of hospital patients treated for cancer. She utilizes

continued on Page 23



Cancer Registrar Teena Peardon (left) and Oncology Department Manager Enid Oates RN in the Merle Cancer Care Center at Island Hospital.

Seniors and chronic pain

by Geoffrey Godfrey FNP, MSN

You may have heard that aches and pains are a normal function of growing older. That statement tends to leave most seniors frustrated and at odds with a life well-lived. Henry Youngman once said, "if I had known I was going to live this long I would've taken better care of myself".



Pain estimated the total cost of pain in the U.S. at \$635 billion. The total health-care costs of pain ranged from \$261-300 billion. Not surprisingly, chronic-pain patients tend to spend between \$5,000 and \$6,000 more than non-pain patients.

The consequences of poorly controlled pain in older patients included many of the following:

- Pain has a tendency to reduce mobility. As a senior patient becomes more and more immobile a downward cascade often ensues – lack of functionality leads to depression.
- Decreased socialization, sleep disturbances for which research shows impaired immunity.
- Poor pain control often can be a factor in masking restlessness or even agitation that is difficult to explain.
- A tendency for practitioners to pre-

Chronic pain is an absolute detriment to a full life. It tends to take precedent over emotional well-being and perceived physical well-being. Many people in constant pain find that they define themselves around periods of severe pain to periods of pain relief. Many adults in chronic pain spend exorbitant amounts of money and time chasing that relief. In the recent report by Johns Hopkins, researchers in *The Journal of*

continued on Page 20

Wounds – a painful issue, but there is help!

by Dr. Enrico Versace MD



Among problems that one may experience with the aging process is that of wound development. Wounds can result from a number of causes and may demand a lot of time and attention to heal, as well as provide aggravation and expense when one does not address them quickly.

One major type of wound is the diabetic foot ulcer. Diabetes can cause a lack of feeling or sensation in the foot. When different nerves are damaged, hammertoes and calluses can form. These can lead to a diabetic foot ulcer, which can be serious. All individuals with diabetes need to check the soles of their feet daily and wear appropriately fitting shoes. While these wounds may not cause pain because of the neuropathy, they do place the person at risk for infection.

When a person's ability to move around becomes a problem, ulcers may develop on areas where there is a lot of pressure. These wounds will not heal while the pressure on the area continues. Anytime there is a break in the skin, there is the possibility of organisms (bacteria) invading and causing infection. This infection needs to be treated with antibiotic therapy and can also become painful.

Sometimes a person's legs swell, small cracks can happen and fluid can drain out, causing a possible infection to start. There are treatments for lower extremity swelling and, generally, a person feels better when the edema or swelling is managed.

Another wound type that may develop, especially with aging, diabetes and/or inappropriate diet, is an arterial wound. These can be small, but are very painful as the blood flow to that area of tissue is impaired. Diagnostic tests and intervention can improve the chances for healing and alleviate the pain experienced with these wounds.

Regardless of the cause of your wound, whether it be from a spider bite, a cut or

continued on Page 20

Breast reconstruction following breast cancer

By David Slepyan MD
Plastic Surgery

In the past 10 years, there has been a significant increase in the number of women seeking breast reconstruction. The reconstruction procedure itself has evolved as plastic surgeons continue to improve on the reconstructive options. In the past, breast reconstruction was mainly done using donor muscles to recreate the breast shape, but the results weren't satisfactory as the donor muscle would atrophy or shrink over time.



Now the innovation of fat grafting allows surgeons to transfer fat from the hips, waist or buttocks to the breast. Fat is a preferable material as it is living tissue that will regenerate its own blood supply, in contrast to muscle or an implant. The fat cells improve the skin suppleness and softness, especially in radiated tissue after breast cancer treatments. The texture of the fat creates a natural feel to the breast and most patients welcome the idea of liposuction of the fat from other areas.

A limiting factor is that fat grafting requires staged procedures following mastectomy. It may take two or three procedures to form a full breast shape. On the upside, this means two or three sessions of liposuction are needed to carry out the reconstruction. Donor tissue is removed with minimal incisions and most patients appreciate access to this body contouring. This is one of the very few times insurance will cover liposuction, as breast-reconstruction coverage is federally mandated. Increasing numbers of breast-cancer patients are becoming aware of their reconstructive options and the benefits of new innovations in plastic surgery.

Stay tuned to see the progress!

David Slepyan MD, Plastic Surgery, practices at the Center for Aesthetic, Reconstructive & Hand Surgery at Island Hospital. For appointment or information call (360) 588-2081 or visit www.ihplasticsurgery.com.

Faster service

Registration, Lab services to be available at 24th St. entrance

Island Hospital Laboratory and patient registration will soon be available at the 24th Street entrance once the Front Lobby Renovation Project is completed.

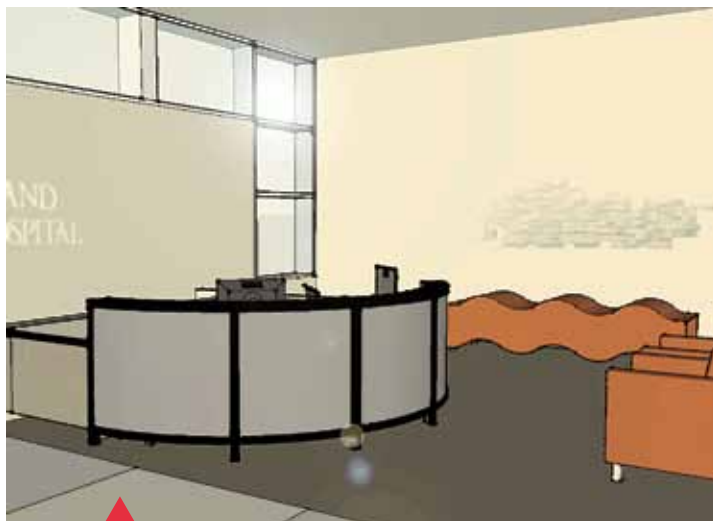
“We believe this will really improve service for our outpatients,” said Kay Steiner, Director of Revenue Cycle. “With this change, patient registration will be available for patients entering from 24th Street primarily for our Lab and Surgery patients. The front-lobby location will have coordinated parking, registration and Lab service with a goal of taking care of our patients in less than 30 minutes and probably even faster! We expect to begin the new, streamlined Lab service in early 2014.”

To achieve this goal, a “domino-like” remodel will be undertaken. Step by step, here’s how it will go:

- The Chapel will be moved to a new space within the current Surgery waiting area.
- Gifts & More, the hospital gift shop, will move into the vacated Chapel location.
- Two new, semi-private registration offices will be constructed in the vacated gift shop space, and a new Information/Registration Desk will be placed in the front lobby (24th Street entrance).

Registration will remain in the central lobby, primarily for scheduled services (such as Diagnostic Imaging), with the Emergency Department registration also remaining at the 26th Street entrance.

NBBJ – the architect responsible for the highly successful \$40.5 million Renovation & Expansion Project, completed in 2008 – is also contracted for this project.



The newly renovated front lobby will have a Information/Registration Desk to help patients and visitors upon arrival.

Lab, X-ray services move from MOB

With the initiation of a comprehensive Pain Relief program, the Medical Office Building (MOB, 2511 M Ave.) Lab and X-Ray services will be relocated Sept. 30. However, by early 2014, Island Hospital will be opening a new Lab station near the 24th Street front lobby (see adjacent article).

X-Ray patients will have exams performed in the main Diagnostic Imaging department adjacent to Central Registration. Lab patients will use the hospital’s main Lab registration and phlebotomy facility, until the new front-lobby Lab service is available.

Hospital campus becomes tobacco-free

Island Hospital is now a tobacco-free campus, which means that the use of any tobacco products are not allowed by anyone in any facility, on hospital grounds or in vehicles in campus parking spaces. Those who wish to smoke or otherwise use tobacco products must leave hospital property to smoke or use other approved non-tobacco products.

E-Cigarettes allowed

Upon consultation with, and permission of their provider, patients may utilize e-cigarettes.

Visitors and employees may also use e-cigarettes, but not within the building. The use of e-cigarettes is preferable to smoking as they do not create smoke and have a limited odor. E-cigarettes are a less harmful replacement for tobacco products

as they create steam vapor instead of smoke for inhaling.

Best option? Quit.

There are many resources for those who wish to quit this unhealthy habit. Start by calling the Washington State Tobacco Quit Line (800) QUIT-NOW, or for those who speak Spanish, (877) 2NO-FUME). When you call the quit line, you’ll gain access to free information, counseling, a personalized quit plan, local quitting resources and quit kits. All Washington residents are eligible for free support, which may include free nicotine patches or gum. If you’re not ready to call the quit line, you can learn more by visiting www.quitline.com.

Other resources:

- www.BecomeAnEx.com
- Centers for Disease Control –



www.cdc.gov/tobacco

- www.BeTobaccoFree.org
- American Lung Association – www.lungusa.org/stop-smoking
- American Cancer Society – www.cancer.org

What you should know about healthcare reform

The Affordable Care Act (ACA) has been enacted piece by piece over the past few years. In 2014, health-insurance exchanges will help people find plans that fit their needs and budgets. The ACA requires that all people 18 and older (who pay taxes) have insurance or pay a penalty (children can remain on parents' health-insurance plans until age 26). Herein are answers to the most commonly asked questions about the exchanges and new law. For more information, call the Washington Healthplanfinder call center at (855) 923-4633 (open 8 a.m. to 7 p.m., Monday through Friday). To find the details of the new requirements – and compare and/or sign up for plans allowed in Washington State – visit www.wahealthplanfinder.org.

NOTE: If you are on Medicare, you do not need to concern yourself with insurance exchanges. However, if you want help in comparing and choosing a plan, please call MedicareCompareUSA at (855) 607-2614 (see adjacent article).

Q - How will this affect me?

A - The Affordable Care Act gives people who qualify the opportunity to get healthcare coverage.

Depending on your household income, you may be able to qualify for coverage at no or low cost; others may be able to get insurance at more affordable prices or qualify for a subsidy to help pay the monthly costs.

Q - Is there somewhere I can go on the internet to learn more about health coverage?

A - Yes. Go to <http://www.wahealthplanfinder.org/calculator> to get an estimate of what coverage would be available for you and your family. Depending on your household income, you can get an estimate of what you would pay monthly for your coverage.

Q - If I am sick, can I still get insurance?

A - Yes. Starting in 2014 you can get insurance even if you have health problems like diabetes, asthma or other illnesses. That's why it's important to apply for coverage right away.

Q - When can I sign up for health coverage?

A - You can sign up for coverage starting Oct. 1. If you sign up before the end of December, your coverage starts on Jan. 1, 2014. If you qualify for Medicaid or Basic Apple health coverage you can sign up at any

time. If you want to buy private insurance, you need to sign up between Oct. 1, 2013 and March 23, 2014. After that time, you will have to wait until Oct. 1, 2014 for the next opportunity.

Q - How long after I sign up will I have to wait for insurance to start?

A - If you sign up for coverage by Dec. 23, your coverage will begin on January 1, 2014. Otherwise, coverage goes into effect the first of the month following your sign up if you do so by the 23rd of the month.

Q - How do I sign up?

A - Beginning Oct. 1 you can apply for health insurance online through the Washington Healthplanfinder at <http://www.wahealthplanfinder.org>. There will be several plans that have different prices. If you need help you can call Washington Healthplanfinder directly at (360) 688-7700.

Q - Are there places I can go if I have questions or need help to enroll in healthcare coverage for me or my family?

A - Yes. Residents of the Island Hospital district (zip code 98221) who wish personal help should call and leave a message at (360) 299-4924. For those living in the surrounding communities, a number of locations have trained staff to assist you:

- Community Action Agency – Mount Vernon, WA

- Mt. Baker Planned Parenthood – Mount Vernon, WA
- Sea Mar Community Health Center – Mount Vernon, WA
- Skagit Valley Hospital/Regional Health Clinics – Mount Vernon
- Family Resource Centers on Lopez, Orcas and San Juan islands

For help finding a location near you, call the Washington Healthplanfinder call center at (855) 923-4633 (open 8 a.m. to 7 p.m., Monday through Friday).

Q - What happens if I don't sign up for insurance in 2014?

A - If you don't sign up for health insurance in 2014 you will have to pay a penalty.

Q - Are there exceptions to the penalty?

A - Yes. There is no penalty if:

- You are low income (you don't make enough money to pay taxes)
- You are a member of a recognized Indian tribe
- Your religious beliefs prohibit insurance
- You are in jail or prison

For information, call the Washington Healthplanfinder call center at (855) 923-4633 (open 8 a.m. to 7 p.m., Monday through Friday).

MedicareCompareUSA, resource for Medicare plans

For those who are, or soon will be eligible to receive Medicare coverage, MedicareCompareUSA might be the perfect place for help finding the best plan. MedicareCompareUSA is an independent insurance agency that specializes in Medicare health-coverage options and represents leading Medicare insurers, including various Medicare plans accepted by Island Hospital and affiliated clinics.

MedicareCompareUSA insurance specialists can help:

- identify the Medicare plans accepted by your healthcare providers
- understand the differences between Medicare Supplement and Medicare Advantage plans
- find a Medicare prescription plan that covers your medications at the lowest cost
- compare Medicare plans in an unbiased manner with no obligation to purchase.

Contact the helpline toll-free at (855) 607-2614 (8 a.m. to 5 p.m., Monday to Friday), or visit www.MedicareCompareUSA.com. MedicareCompareUSA publishes Understanding Medicare Insurance – A Helpful Guide that provides a general overview of Medicare and your insurance options. They also provide a checklist for smoothly transitioning to Medicare. Feel free to contact the helpline for your free copy.

MedicareCompareUSA, not affiliated with the Federal Medicare program, is a Medicare-specialty insurance agency and call center. MedicareCompareUSA is a resource provided at no cost and with no obligation.

Early treatment aides shingles recovery

Chickenpox is a common childhood disease. Those infected generally break out in spots, itch for a few days and get better. But for nearly one million Americans of all ages each year, that's not the end of the story.

Who's at risk for developing shingles?

Anyone who has had chickenpox – studies show that's 99.5% of adults in the U.S. - carries the virus for shingles, a painful skin rash that can be triggered at any time. The virus most commonly affects people over age 60, but also at risk are those with weakened immune systems from disease or those taking drugs that suppress the immune system. The virus develops only in those who have had chickenpox.

Shingles cannot be passed from one person to another; however the virus that causes shingles, varicella zoster, can be spread from a person with active shingles to a person who has never had chickenpox through direct contact with the fluid from the blisters; but not through sneezing, coughing or casual contact. The risk of spreading the virus is low if the rash is covered.

Shingles symptoms

Symptoms generally appear in stages and may start with a headache or sensitivity to light, fever, upset stomach or feeling like you're coming down with the flu. Later you may feel itching, tingling, pain or numbness in an area usually on one side of your body. A red rash may then appear which spreads in fluid-filled clusters that crust over as the illness progresses. For most, the illness may last two to several weeks, but for 10% to 20% of those who develop shingles, pain can continue after the rash is gone for months or even years.

Early treatment may ease pain

The shingles virus is treated with antiviral and pain medications. If you think you may have shingles, see your doctor or healthcare provider as soon as possible. Early treatment can mean your rash will heal sooner, hurt less and may reduce the chances that you will experience ongoing nerve pain.

Can shingles be prevented?

You can greatly reduce your chances of developing shingles by getting the one-time shingles vaccination. The shot is recommended by the Centers for Disease Control and Prevention for persons over 60 years of age. Some people who have weakened immune systems or other medical issues should not get the vaccine, so ask your doctor or healthcare provider if it is right for you. In addition to reducing the chance of an outbreak, those vaccinated generally experience a milder case if they do develop shingles.

The shingles vaccination is covered by some insurance plans. Check with your insurance provider as the amount of any co-payments or coinsurance will depend on your plan. You should discuss this with your healthcare provider and may also contact your pharmacist, who also can administer the shingles vaccine.

For more information, visit www.cdc.gov.



The new kidney center is expected to open in June.

Kidney dialysis center under construction in Anacortes.

Puget Sound Kidney Centers (PSKC) has broken ground for a new nine-station dialysis facility that will serve patients in the Anacortes area and surrounding communities. When complete, the more than 6,500-square-foot center, located at the corner of 31st Street and R Avenue, Anacortes, will be able to accommodate as many as 54 dialysis patients each day.

PSKC is a community-based nonprofit organization with four centers in Western Washington which annually provide more than 90,000 dialysis treatments to more than 500 patients. The centers also provide community education and support programs for patients and their caregivers, including nutrition counseling, social services and patient support groups.

Designed to be a welcoming and comfortable environment for patients and visitors, the facility will provide in-center hemodialysis as well as training and support for home hemodialysis and peritoneal dialysis patients.

Puget Sound Kidney Centers are founded on the belief that quality dialysis care should be accessible to everyone according to PSKC President and CEO Harold Kelly. "Our top priority is the care and comfort of our patients," said Kelly. "We believe quality and accessible patient care environments are essential to realizing that goal."

The Puget Sound Kidney Center in Anacortes is scheduled to open in June 2014.



Psychiatry & Behavioral Health

Providing family-centered, compassionate treatment and intervention

The Psychiatry & Behavioral Health (PBH) program at Island Hospital provides an integrated approach to mental-health services by bringing together primary care and other healthcare providers to deliver high-quality, compassionate outpatient care. To do this, a collaborative-care model emphasizing a bio-psychosocial approach to wellness is utilized.

“OUR MISSION is to provide the best family-centered, culturally sensitive and comprehensive care using scientific, evidence-based treatment and intervention,” said Chris Tobey PhD, Director of PBH at Island. “We start by understanding the contextual circumstances and other important factors of the patient’s life.”



Care Coordination

Given the complexity of the U.S. healthcare system, care coordination is essential to helping patients and families access the appropriate level of mental-health services. Care coordination is a vital component of effective collaborative partnerships.

The main goal is to provide collaborative personalized mental-health services inte-

grated with patients’ primary-care providers. To accomplish this, PBH focuses efforts on:

- Promoting social and emotional development
- Early identification of mental-health concerns and early interventions
- Implementing therapeutic and psychopharmacologic services
- Improving care coordination among families, care providers and community services
- Increasing medical/mental-health education among providers
- Increasing mental-health education for families and community
- Removing constraints within and beyond healthcare systems
- Developing a means for the collaborative measurement of treatment outcomes.

Care coordination helps the patient and family access, coordinate and understand all aspects of their care, encouraging them to:

- Be involved in making decisions regarding providers and others involved in treatment
- Express preferences, needs, priorities and concerns
- Participate in treatment-plan development and in identifying goals and outcomes
- Participate in monitoring treatment outcomes and modifying treatment

- Provide medical records that will help perform remote consultations for case management and virtual encounters.

Coordinating Partners

PBH coordinates care with any agency, department, organization or other involved party in the best interest of the patient, including:

- Primary Care
- Specialty Medical Care
- Physical Therapy
- Pain Management
- Sleep Center
- Local Resources
- Community Mental Health
- Social Workers
- Local Schools; Teachers and Counselors
- Local Civic Departments (including Fire and Police)
- County and City Programs
- Inpatient Psychiatric Treatment Facilities
- Residential Treatment Facilities
- Rehabilitation Care Centers
- Chemical Dependency Treatment Programs.

For information about Psychiatry & Behavioral Health at Island Hospital call (360) 299-4297 or visit www.islandhospital.org.

PBH treats all patients for many mental conditions

The Psychiatry & Behavioral Health program treats patients of all ages, including:

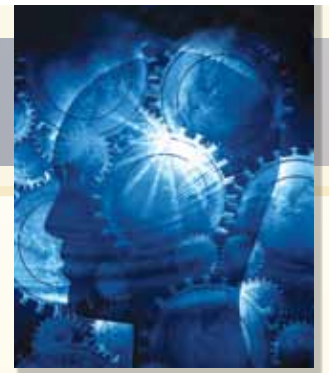
- Children
- Adolescents
- Families
- Couples
- Groups
- Individuals

A wide range of mental-health concerns are treated by our professional and compassionate staff, including:

- Neurodevelopmental Disorder
- Schizophrenia Spectrum & Other Psychotic Disorders
- Bipolar & Related Disorders
- Depressive Disorders
- Anxiety Disorders
- Obsessive-Compulsive & Related Disorders
- Trauma- & Stressor-Related Disorders
- Gender Dysphoria

- Disruptive, Impulse-Control & Conduct Disorders
- Substance-Related & Addictive Disorders
- Personality Disorders
- Other Mental Disorders

Talk to your healthcare provider or call Psychiatry & Behavioral Health at (360) 299-4297.



Professional staff provides high-quality mental healthcare

Psychiatry & Behavioral Health at Island Hospital comprises a staff of caring professionals focused on the best care for each patient.

Nathanael Cardon DO



Nathanael Cardon DO recently announced he is leaving the Psychiatry & Behavioral Health program at the end of November. Dr. Cardon has provided excellent psychiatric care and will be missed.

Dr. Cardon received a DO from Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA. He completed an internship, a general Psychiatry Residency and received additional child and adolescent psychiatry training as a Fellow at the University of Nevada School of Medicine, Reno, NV. Before coming to Island Hospital, Dr. Cardon was a Psychiatrist at Northern Nevada Adult Mental Health Services, Sparks, NV and at Washoe County Detention Facility, Reno, NV. He also participated in NVLEND Planning Grant Pilot Seminars for the treatment of children with neuro-developmental disabilities such as autism in Reno. He is licensed as an Osteopathic Physician and Surgeon by the Washington State Department of Health, and certified by the Nevada State Board of Osteopathic Medicine and the Osteopathic Medical Board of California. He is a member of the Washington Osteopathic Medical Association, the American Psychiatric Association and the American Osteopathic Association.

David C. Hall MD



David C. Hall MD practices child, adolescent and family psychiatry.

A graduate of Harvard College, Cambridge, MA, Dr. Hall earned an MD from the University of Washington School of Medicine, where he also interned in Medicine Psychiatry, served a Psychiatric Residency and held a Fellowship in Child Psychiatry. He was named Chief Resident in Child Psychiatry and received a citation for Clinical Excellence from the UW Residency Program.

He has served as Psychiatrist at Seattle Children’s Hospital, Providence Hospital, Seattle; and on the courtesy staffs of Harborview and Swedish.

Dr. Hall is board eligible in Adult and Child Psychiatry and licensed to practice in Washington. He is a member of the American Psychiatric Association, the Washington State Council on Child and Adolescent Psychiatry, the American Academy of Child and Adolescent Psychiatry and the American Society of Clinical Pharmacology.

Suzanne Staum LMHC, NCC



Suzanne Staum is a licensed Mental Health Therapist and holds a Master’s Degree in Counseling Psychology from City University of Seattle. Staum has been with the Psychiatry & Behavioral Health program at Island Hospital since its inception in 2010. As part of the interdisciplinary care team, Staum provides mental health therapy to children, adolescents,

adults, families and couples, emphasizing cognitive behavioral, dialectical behavioral and patient-centered, supportive care.

In addition to her work in the clinic, Staum is the Program Manager for the Anacortes School District school-based intervention program which provides mental health intervention for middle and high school students. Staum is a National Certified Counselor and member of the American Mental Health Counselors Association and the Washington Mental Health Counselors Association.

Jocelyn Palmer-Perry LICSW



Jocelyn Palmer-Perry completed her Masters in Social Work at the University of Washington School of Social Work in 1998. She is licensed as an Independent Clinical Social Worker and holds a certification from the Academy of Certified Social Workers. She is a member of the National Association of Social Workers.

Palmer-Perry has worked in the mental health field since 1988. Previous experience includes working with migrant farm workers in physical- and mental-healthcare settings, providing case-management services to adults with chronic mental illnesses, and working with children, adolescents and their families in school and community settings. She has an undergraduate degree in Spanish, and a focus of her training and work has been in cross-cultural counseling, especially with the Latino community. A more recent area of emphasis has been working with older adults on issues around life transitions, as well as social-service resources available to them.

Health & Wellness

Classes, Screenings & Support Groups

Prepayment is required.

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

THREE EASY OPTIONS FOR REGISTRATION



Visit www.islandhospital.org/classes



Email communityed@islandhospital.org



Call (360) 299-4204

Classes

ADVANCE HEALTHCARE DIRECTIVES

Living Wills & Durable Power of Attorney for Healthcare

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

When: Monday, Nov. 18, 10 – 11 a.m.

Where: Fidalgo Room

Cost: FREE

BIRTH AND BEYOND

Choices in Childbirth

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

When:

Thursdays, Nov. 7 – Dec. 19 (no Nov. 28), 6 – 8:30 p.m.

Tuesdays, Jan. 7 – Feb. 11, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

Weekend Childbirth Classes

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

When: Sat. & Sun., Nov. 2 & 3, 10 a.m. – 6 p.m.

Sat. & Sun., Feb. 1 & 2, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

Breastfeeding Matters



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

postpartum women and their babies.

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

When: Monday, Nov. 4, 5 – 6:30 p.m.

Monday, Jan. 13, 5 – 6:30 p.m.

Where: Fidalgo Room

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

Instructor: Effie-Jo Lindstrom BA, BSN, IBCLC

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, Nov. 14, 3 – 5 p.m.

Thursday, Feb. 13, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

Cloth Diapering 101



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

are many options to choose from these days!

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

When: Wednesday, Oct. 30, 4 – 5 p.m.

Wednesday, Jan. 8, 4 – 5 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Michelle Bottorff

CANCER CARE RESOURCES

Art & Healing Group

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

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Registration: 299-4200

Look Good...Feel Better

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

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

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Registration: 299-4200

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty, or



Classes, Screenings & Support Groups

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 588-4242 for more information.

Pulmonary Rehabilitation

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

CARDIOPULMONARY RESUSCITATION (CPR)

Family & Friends® CPR **NEW!**

This video-based American Heart Association course teaches adult Hands-Only™ CPR, adult AED (automated external defibrillator), child CPR/AED and infant CPR, as well as how to relieve choking. Intended for those that do not need a course completion card for employment or other requirements.

When: Thursday, Oct. 24, 2 – 4 p.m.

Where: Fidalgo Room

Cost: \$20

Instructor: Nichole Stettler

Heartsavers® CPR & AED **NEW!**

This American Heart Association course covers adult, child and infant CPR and AED, as well as how to relieve choking. Includes classroom instruction, videos and hands-on training. Intended for those with limited or no medical training who require a course completion card in CPR and AED use to meet employment or other regulations.

When: Wednesday, Jan. 22, 12 – 4 p.m.

Where: Fidalgo Room

Cost: \$50

Instructor: Nichole Stettler

DIABETES EDUCATION

Diabetes Self-Management Education Program

Island Hospital offers an outpatient diabetes education program accredited by the American Association of

Diabetes Educators (AADE). Education includes diabetes self-management skills such as healthy eating, being active, monitoring, taking medications, problem solving, healthy coping and reducing risks of complications. Physician referral is required. For more information, please call 588-2083.

DRIVER'S SAFETY

AARP Driver's Safety Program

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

When: Thursday & Friday, Nov. 14 & 15, 9 a.m. – 1 p.m.

Thursday & Friday, Dec. 12 & 13, 9 a.m. – 1 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Jack Porter

HEALTH INSURANCE

Medicare Open Enrollment **NEW!**

Learn about your choices for Medicare during open enrollment for 2014. Prescription drug plans (Part D) and Medicare Advantage Plans available in Skagit County will be discussed. Includes a demonstration of the www.medicare.gov website.

When: Tuesday, Oct. 22, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

Medicare 101: Understanding Your Medicare Choices

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

When: Monday, Jan. 13, 1 – 2:30 p.m.

Monday, Feb. 10, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA Volunteer

PHYSICAL THERAPY PROGRAMS

Life & Therapy After Joint Replacement Surgery

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

When: Tuesday, Nov. 5, 1 – 2:30 p.m.

Thursday, Jan. 16, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Island Hospital Physical & Occupational Therapists

Urinary Leakage



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

age.

Reiko Nystrom is a Physical Therapist at Physical, Occupational & Speech Therapy at Island Hospital.

When: Tuesday, Dec. 3, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

Osteoporosis: Exercise and Nutrition



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

Virgeen Stilwill is a Doctor of Physical Therapy at Physical, Occupational & Speech Therapy at Island Hospital and

Suzie DuPuis is a Registered Dietician at Island Hospital.

When: Tuesday, Jan. 21, 2 – 4 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Virgeen Stilwill DPT & Suzie DuPuis RD

Classes, Screenings & Support Groups

SELF-CARE

Meditation for Everyday Living



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

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

When: Tuesdays, Nov. 5 - 19, 6:30 - 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Holiday Aromatherapy



Give the gift of health and happiness this year with an aromatherapy blend. In this fun and interactive class you will smell, blend and test several recipes to make an aromaspray or therapy oil for yourself or to give as a gift. Includes either two

small bottles or one large bottle of an aromatherapy blend.

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

When: Monday, Dec. 9, 6 - 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Improving Your Aging Memory



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

When: Wednesday, Jan. 15,

10 - 11:30 a.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Alisha Kleindel MS, CCC-SLP

Stress Relief with Essential Oils

Learn to use essential oils to help naturally relieve stress. Create your own blend to take home.

See "Holiday Aromatherapy" for instructor's information.

When: Monday, Feb. 3, 6 - 7:30 p.m.

Where: Fidalgo Room

Cost: \$20, includes supplies

Instructor: Michelle Mahler

WEIGHT MANAGEMENT

Overweight?

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

Weight Watchers™

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

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

Where: Island Hospital Cypress Room

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

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

OTHER RESOURCES

HIV/AIDS Training for Licensure

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

Island Prenatal Care Center

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

Lifeline

Island Hospital Lifeline is an easy-to-use personal response system that allows older adults living at home to get quick assistance whenever it is needed. Participants press their waterproof Personal Help Button whenever they need help, calling a certified

Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached by calling 293-7563 or emailing wwalker@islandhospital.org.

SHIBA HelpLine

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

Anacortes Teen Clinic

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

Support Groups

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

Parkinson's

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

Prostate Cancer

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

Restless Leg Syndrome

Call for dates/times • Fidalgo/Burrows Rooms
Contact: Charlotte, 293-7328

OTHER ANACORTES SUPPORT GROUPS

Alzheimer's Association - Caregivers

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

Headaches

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

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes

SKAGIT COUNTY SUPPORT GROUPS

Loss of a Child

1st Monday, 5:30 – 7 p.m.
Hospice of the Northwest
227 Freeway Dr. Suite A, Mount Vernon
Contact: (360) 814-5589 (Pre-registration required)

Sjögren's Syndrome

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

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

Health Screenings

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.

Clinical Breast Exams

During this screening, Bette Robbins ARNP of Fidalgo Medical Associates will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required!
When: Tuesday, Oct. 22, 8 a.m. - noon
Where: Island Health Resource Center
Cost: FREE
Appointments: Leave a message at 299-1367
2012 Breast Screening Results: 13 people participated; two required follow-up visit with their healthcare provider.

Vitamin D Screening

This screening will determine the level of Vitamin D in your blood. Studies have shown that low levels of Vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions. Your results will be sent to you in the mail. Appointments are required!
When: Tuesday, Oct. 22, 9 – 11 a.m.
Where: Island Health Resource Center
Cost: \$45
Appointments: Leave a message at 299-1367

Bone Density Screening

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

When: Tuesday, Oct. 29, 9 – 11 a.m.
Tuesday, Jan. 28, 9 – 11 a.m.
Where: Island Health Resource Center
Cost: \$5
Appointments: Leave a message at 299-1367

Pulmonary Function Screening

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

When: Tuesday, Nov. 5, 8 a.m. - noon
Where: Cardiopulmonary Care Center
Cost: FREE
Appointments: Leave a message at 299-1367

Memory Awareness Screening

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

When: Tuesday, Nov. 12, 9 – 11 a.m.
Tuesday, Jan. 14, 9 – 11 a.m.
Where: Island Health Resource Center
Cost: FREE
Appointments: Leave a message at 299-1367

Sleep Apnea Screening

Do you feel tired during the day? Have you been told you snore? Meet with a Registered Polysomnographic Technologist to determine your risk of suffering from sleep apnea, a condition characterized by pauses in breathing or shallow breathing while sleeping, which can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes, as well as the risk of accidents while drowsy. Appointments are required!

When: Friday, Nov. 15, 10 a.m. – 2 p.m.
Where: Island Hospital Sleep Wellness Center, 1110 22nd St.
Cost: FREE
Appointments: Leave a message at 299-1367



Swallow Screening **NEW!**

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

When: Tuesday, Dec. 10, 1 – 3 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital
Cost: FREE
Appointments: Leave a message at 299-1367

Cholesterol & Glucose Screening

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

When: Tuesday, Jan. 7, 8 – 11 a.m.
Where: Island Health Resource Center
Cost: \$10
Questions: 299-1309

Balance Screening

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

When: Tuesday, Feb. 11, 9:30 a.m. - noon
Where: Physical, Occupational & Speech Therapy at Island Hospital
Cost: FREE
Appointments: Leave message at 299-1367

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2. Email communityed@islandhospital.org

3. Call (360) 299-4204

Island Hospital and you... a powerful partnership in healing

Philanthropy has touched every aspect of Island Hospital since we opened in 1962. As a not-for-profit hospital, it defines us as an organization. Island Hospital Foundation supports the hospital's mission of providing the highest quality healthcare right here in our community.

Large and small, each gift is an investment of hope and healing for our community. Funds raised from our annual Gala of Hope provide new equipment, like a new surgical tower that allows surgeons to make smaller incisions, to reduce recovery time and infection risk for patients.

Gifts throughout the year support our Prenatal Care Clinic, Teen Clinic and Health Resource Center to ensure patients and families have critical resources and education. In 2011, Island Hospital partnered with the Anacortes School District to address the unmet mental health needs of adolescent students attending Anacortes' middle and high schools -- a program funded entirely through philanthropy.

Donations allow the Foundation to fund

more than 6,000 free and low-cost health screenings every year at Island Hospital, while patients in need may receive grants for medications, assistance for cancer-related treatments or help with unforeseen hospital bills.

Island Hospital Foundation treats every gift as part of a powerful partnership in healing. Each dollar, in-kind donation and volunteer hour helps to improve the health of our community and makes a profound difference in the lives of others. Individuals have left a legacy by naming the Foundation in their will while others have ensured their gift provides perpetual support to the hospital through endowment contributions.

On behalf of Island Hospital, we want to express our profound appreciation to those who invest in our community's health. We recognize that there are numerous local organizations, programs and causes that deserve financial and volunteer support. We are grateful that so many of you choose to include Island Hospital in your giving year after year.

Thank you.

Nancy Rytand joins Foundation staff



With years of fundraising, event-planning and management experience, Nancy Rytand brings real value to her new position as Development Assistant with the Island Hospital Foundation.

Rytand has served as Director of Development for the Chamber of Commerce, Burlington, WA where she focused on recruiting and retaining members and planning major fundraising and community events. As Assistant Director of the Skagit Valley Tulip Festival, Rytand developed ongoing sponsorships, coordinated festival activities and managed volunteer participation.

While director of Destination Downtown Anacortes, Rytand worked with the Chamber of Commerce and city leaders to help boost tourist traffic through "Old Town" and increase sales and revenue for local merchants. She also helped open and has held management positions with Epicure, Penguin Coffee and Tully's Coffee Company, all Anacortes-area businesses.

Rytand attended Bellevue Community College, Bellevue, WA and took courses at the Institute for Non-Profit Excellence at Skagit Valley College, Mount Vernon, WA. She also is a 2010 graduate of Leadership Skagit where she has since served as a coach and facilitator for the organization's recent leadership classes. Currently she is the chair of the curriculum committee.

Active in the community, Rytand has volunteered with or has served on the boards of local organizations such as the Anacortes and Burlington Rotary Clubs, Skagit County Hospice, the Anacortes and Burlington Chambers of Commerce and the Humane Society of Skagit Valley. She is a resident of Anacortes.

Remembering

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

IN MEMORY OF:

First Director of Nursing Services, Vera Mudge	Roy Kayler
Sylvia Barcott	Gerry Kelsch
Claudette Diane Benz	Helmer & Alma Leno and Archie & Alma Lloyd
Ava Grace Bortrager	Alan Lichter
Richard Buell	Kim Meche
John Carabba	Dr. Raymond Pinson
Bev Chapman	Donald Rauch
William and Gladys Franz	Gladys Rider
Dennis J. Heggem	Albert Schmitt
Mike Herbert	Harold Paul Spehar
Stephen E. Ashley	Jim Springer
	Tim
	Carol Withrow

IN HONOR OF:

Dr. Chip Bogosian	Teresa Ronngren & Debbie Hopkins
Teresa Cook	Dr. Prins
Dr. Jeff Hambleton	The Nurse at front desk on May 5
Kessa Holm	Island Hospital Volunteers
Dr. Theodore Kim & Oncology Staff	Resource Center Personnel: Dennis, Aubre, Barb, Claire & Anne
Trish Lehman	The great care and consideration of staff
Effie-Jo Lindstrom RN	
Prudy Mondhan	
Dr. Joe Mulcahy	
Dick & Linda Nelson's 50th Anniversary	

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

IH Golf Classic: a great time for a great cause

The annual Island Hospital Golf Tournament earned green on the green this year in the amount of \$84,000. Tournament proceeds help support programs such as health screenings and charity care, and fund new technologies and equipment that improve patient experiences.

The popular event, which celebrated its 12th year, was hosted by the Skagit Golf & Country Club. Thanks go to a dedicated group of volunteers who again helped to make the tournament a success.

2013 Golf Classic Winners

1st place team

Low Gross: Vince Oliver, Jim Jermyn, Bob Tracy, Chris DeGrazia

Low Net: Paul Bailey, Lincoln Kemp, Dan Frein, Clayton Bland

Longest Drive

Women: Jody Cook

Men: Joe Versace

Closest to Pin

Women: Kay Steiner

Men: Doug Yoshida



IH Classic Champs – The winners of low-gross foursome were (from left) Bob Tracy, Jim Jermyn, Chris DeGrazia and Vince Oliver.

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for more information.

Pain - continued from Page 8

scribe more medications seeking to alleviate many of the combined symptoms found with poorly controlled pain. This often leads to polypharmacy, which in current research (Edwards, I, Salib E: Analgesics in the elderly, *Aging Men's Health* 6 (1): 88-92, 2002) shows an increase in confusion and falls.

Pain is a truly subjective phenomenon; assessing pain correctly requires detailed communication between the sufferer and a healthcare practitioner. Of interesting note, older patients are more likely to underreport pain than their younger cohorts. This is why, for many, a detailed pain diary is required in order to further determine best courses to take to help alleviate pain.

Seniors are the fastest growing segment of the US population. Therefore an ever

increasing number of patients who have chronic pain will be older.

Specific pain syndromes may be more likely to occur as we age, including arthritis, hyperalgesia due to long-term opiate (pain medications such as oxycontin) use, shingles, increased back pain from previous injuries, as well as a number of other painful conditions.

Take Action

So, what can you do on your own to help alleviate pain?

- Quit smoking. Smoking cigarettes has been shown to exacerbate pain.
- Don't push yourself when your legs hurt, use a cane, walker or scooter if available.
- Stay within your physical capabilities;

don't be afraid to ask for help lifting or performing other chores.

- Eat better; follow an anti-inflammatory diet (visit "Center for Pain Relief & Supportive Care section at www.islandhospital.org for a list of these foods).
- Alternate heat and ice to alleviate pain until you can get in to see your provider.

As seniors tend to utilize more medications (polypharmacy), it is important to be knowledgeable about possible side effects. Therefore it is important to discuss all of your medications with your healthcare team.

Geoffrey Godfrey FNP, MSN provides care at the Center for Pain Relief & Supportive Care at Island Hospital. For information call (360) 299-4929 or visit www.islandhospital.org. Physician referral is required.

Wound - continued from Page 8

burn, or a wound caused from one of the above mentioned conditions, it is good to know that we have the Wound Care & Hyperbaric Medicine Center in Medical Arts Pavilion at the east side of the Island Hospital campus. Here you'll find an experienced physician and nurses who have a strong backgrounds in wound management as well as hyperbaric staff to provide individualized care for your needs. Call us with questions at (360) 899-4600 or visit www.islandhospital.org.

Dr. Enrico Versace is the Medical Director of the Wound Care & Hyperbaric Medicine Center at Island Hospital.

FREE CAB RIDES FOR ISLAND PATIENTS!

Free round-trip transport is available from the Anacortes Ferry Terminal for San Juan County residents who are using Island Hospital or IH clinics. For info, visit www.islandhospital.org or call Mert's Taxi directly at (360) 708-6358.

ARE SLEEP PROBLEMS HURTING YOUR CHILD?



Children's sleep disorders can cause difficulties with health, school, behavior, physical development and social interactions. According to recent studies, sleep problems occur in 25% to 30% of infants and children.

Symptoms include:

- **Bedtime refusal**
- **Insomnia**
- **Sleepwalking; difficulty falling or remaining asleep**
- **Excessive daytime sleepiness, irritability**
- **Bed wetting**
- **Mood, behavior or school problems**



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Rita James recognized for coordinating Island Hospital art



Anacortes resident and long-time supporter of the local art community Rita James (center) is presented with a framed Amanda Houston original painting (on copper) as thanks for her work over the past several years helping compile and install Island Hospital's art collection. "Rita has volunteered countless hours to help us acquire and display the art that our patients, visitors and staff enjoy so much," said Island Hospital CEO Vince Oliver who, with Oncology Department Manager Enid Oates RN, presented the artwork. Oates also contributed personal time to make Island Hospital's superb art collection possible.

Survey reflects high praise for therapy service

Elaine Armantrout PT, DSc, ECS, who provides NCS/EMG services at the Physical, Occupational & Speech Therapy (POST) center at Island Hospital, recently received across-the-board excellent scores in a survey of referring healthcare providers.



An NCS/EMG test comprises two studies performed during one visit. Together the studies help reveal the function of the peripheral nerves (nerves from the spinal cord that travel down the arms and the legs) and muscle function. The purpose is to identify whether or not there is nerve damage, if so where, how bad and how long will it take to recover.

An NCS, or *nerve conduction study*, measures the rate at which impulses travel along a nerve. An electrical stimulus is applied over the skin and causes the nerve to send its signal, which is measured and analyzed on a computer screen.

An EMG, or *needle electromyography*, is a test designed to determine how well the muscles in the different parts of the body are functioning. Sterile, single-use, fine-wire electrodes are placed into the muscles in the arms, legs, or back to record the sig-

continued on Page 22

IH Auxiliary prepares for fall, winter events

With a highly successful Lifeline Penny Drive in July, the Island Hospital Auxiliary is looking forward to resuming monthly meetings in October. Auxiliary members want to thank a generous community for contributing more than \$700, making this Penny Drive one of the group's most successful efforts.

Work is already underway on the Auxiliary's annual Christmas tree sale. Always a favorite of employees, patients and visitors at Island Hospital, this pre-holiday event features 40 miniature Christmas trees decorated with care and creativity by Auxiliary members. The 2013 sale has been scheduled for Nov. 15 in the Island Hospital front lobby (1211 24th St.), from 8 a.m. to noon. Seasoned buyers know to come early as the sought-after trees are often sold out in an hour.

The Auxiliary, which undertakes fundraising events throughout the year to support programs and services that benefit patients and their families at Island Hospital, always welcomes new members at their monthly meetings. For more information about the Auxiliary, call the Island Hospital Foundation at (360) 299-4201.



Working a very successful Penny Drive were Auxilians (from left) Kathy Morgan, Carol Strandberg, Floyann Montee, Carrollei Lamoureux, Shirley Smith and Claudia Dillman.

continued from Page 2

Much of this data, which is routinely collected by hospitals to track how well patients do and to measure quality is reported to state and national registries. According to Consumer Reports, this surgical ranking of more than 2,463 hospitals nationwide, including 49 in Washington state, marks the first time such information has been available to the public.

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

This is the second time Island has ranked well in a Consumer Reports study. In 2009, the magazine recognized Island Hospital for outstanding Hospital Consumer Assessment of Healthcare Providers

and Systems (HCAHPS) scores, specifically on the issue of communicating with patients. Island Hospital received the third highest score in Washington State and was one of five Washington hospitals above the national average.

CEO Vince Oliver, said he was not surprised by Island Hospital's favorable surgery outcomes compared to other hospitals in the state. "We are constantly trying to improve our standards of care," said Oliver. "Our surgeons and staff are 'all in' when it comes to providing the highest quality patient care."

Hospital rankings and the full text of the article, "Your safer-surgery survival guide" can be found in Consumer Reports magazine published July 2013.

continued from Page 21

nals from the muscle responses both at rest and with activity.

"Physicians refer patients for NCS/EMG tests to check for conditions causing numbness and tingling or muscle weakness that may or may not be associated with pain," said Armantrout. "The most common conditions sent for NCS/EMG testing are carpal tunnel syndrome, spinal nerve involvement from disk herniation, and peripheral neuropathy, commonly seen in people with diabetes."

In a recent survey of her NCS/EMG referring providers, Armantrout scored 90% or better on the questions regarding access, test quality and test satisfaction. Her patient satisfaction score was 89%; and her overall average in all areas was 91%.

"I believe this survey demonstrates how efficient and effective Elaine is with our patients," said IH Director of Therapy Services Ilima Shaw PT. "She has an outstanding manner and professional approach that is highly respected by our community's providers."

Physical, Occupational & Speech Therapy at Island Hospital is located in the Medical Arts Pavilion. For information call (360) 299-1328 or visit www.islandhospital.org.



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Golfers – Realize your potential

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

Do you suffer shoulder, back, hip or leg pain that limits your ability to play your best golf? **Now is the time to learn a proven strengthening and flexibility routine to implement in the off season so you feel great and prepared to lower your handicap in 2014.**

Contact Malcolm at (360) 299-1328 or mdmcphee@islandhospital.org for information.

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY
AT ISLAND HOSPITAL

continued from Page 7

es a Tumor Registry data system for use by physicians and researchers. Cancer Registrars review hospital records to identify and compile patient data for use in cancer-management programs and compliance with government regulations.

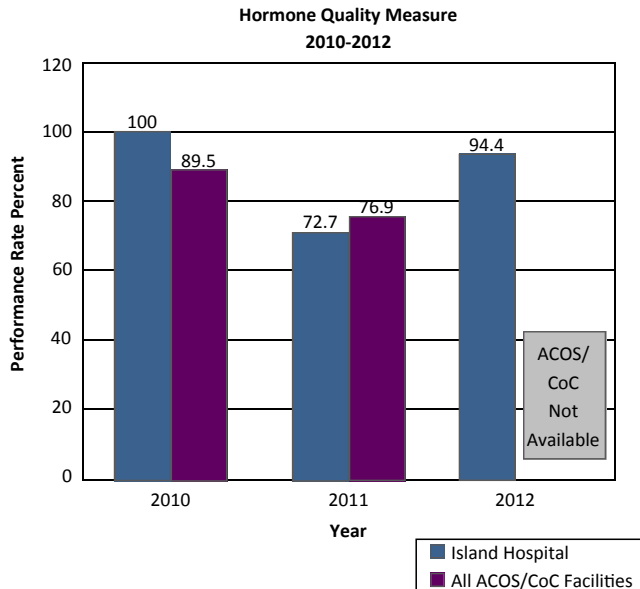
As required by law, an abstract of patient demographics, diagnosis, treatment and follow-up is maintained by registry staff and submitted

to the Washington State Cancer Registry; and as an ACOS/CoC-accredited facility to the National Cancer Data Base for incidence reporting and cancer research. Confidentiality of all patient-identifying and related medical information is strictly maintained at Island Hospital.

In 2012, 236 analytic cases of cancer were collected at Island Hospital; with 86% diagnosed or treated here.

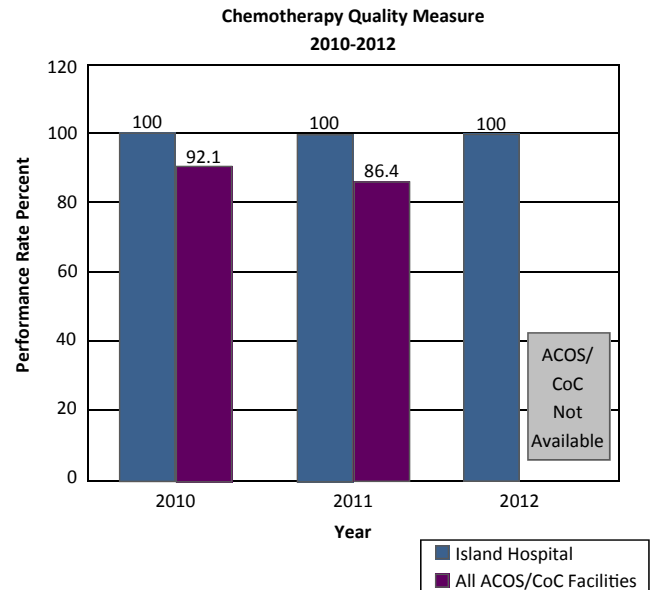
Hormone Treatment Quality Measure

Hormone therapy is considered or administered within 1 year of diagnosis for women with Stage IA, II or III, hormone-positive breast cancer.



Chemotherapy Treatment Quality Measure

Combination chemotherapy is considered or administered within 4 months of diagnosis for women under the age of 70 with Stage IA, II or III, hormone-negative breast cancer.



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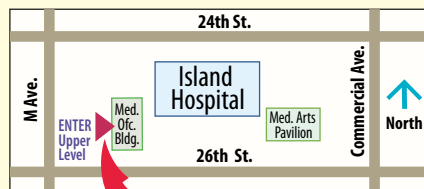
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