



ISLAND HOSPITAL

Heartbeats

Magazine

DIAGNOSTIC IMAGING

Important tool for improving well-being of patients

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Message from the IH Commission



Island Hospital Board of Commissioners are (from left) Warren Tessler, President Lynne Lang PhD, Chip Bogosian MD, Jan Iversen and Secretary Paul Maughan PhD.

Being visionary, prepared, informed enables best decisions

by Lynne Lang PhD

President, Board of Commissioners

The five elected Commissioners of Skagit County Public Hospital District No. 2, who provide oversight of Island Hospital and clinics, recently performed a self-assessment to do all we can to be a high-performing board.

The first activity was to define the key attributes of a high-performing board and we unanimously agreed on:

- Visionary – Have a clear, well-defined vision for where we are leading the organization. The vision must be shared by the management team and other constituencies and provide direction in reassessing that we are on the right track.
- Prepared and informed – Each Board member should come to meetings prepared, having reviewed the information provided by management, seeking additional resources, information and clarification if needed.
- Effective decision-making – The Board should exercise effective and efficient processes to routinely make good decisions on behalf of residents of the district and the organization.

In addition to these three high-priority attributes, the Board identified eight additional attributes of a high-performing board. Board members should:

- communicate well with each other and stakeholder groups.

- be of diverse backgrounds and skills.
- be capable of processing complex information and making informed decisions.
- be committed to the success of the organization.
- clearly understand the role of governing, and not managing.
- relate well with community we serve.
- respect and trust each other, even when disagreeing.
- challenge beliefs and assumptions to discern best direction for the organization.

We also developed an action plan and next steps to improve our performance.

We decided that at our upcoming annual retreat that we would develop a clearly defined strategic direction for the organization, dictated by our rapidly changing healthcare environment. We are also changing our work sessions to ensure time is used efficiently, that we are well-informed and educated, and we keep our focus on the selected strategic direction. We believe that we should engage the IH Medical Staff leadership when making key decisions and are working on a process to do so.

If you have any questions or comments, please contact us at (360) 299-1327, or email us by visiting www.islandhospital.org/leadership. We want to hear from you.

High honors continue for Island

Island Hospital continues to receive honor for high-quality patient care, most recently a Four-Star ranking by Medicare and a top-five rating by the *Seattle Post-Intelligencer* (PI).



Island Hospital earns CMS Four-Star rating

Island is one of only 10 WA hospitals ranked a Four-Star Hospital by Medicare, based on patients' survey responses. The overall rankings summarize 64 quality measures and compare results of hospitals across the U.S.

"We want to keep improving," said Denise Jones RN, IH Chief Patient Care Executive, "but achieving this high ranking confirms our efforts to continually provide the best quality patient care."

The Centers for Medicare & Medicaid Services (CMS) use data collected for 11 measures publicly reported on the Hospital Compare website (www.medicare.gov). The data is called HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) and covers a wide range of patient responses.

Island Hospital ranks 5th in WA for quality

Island Hospital ranked 5th in WA for earning high scores for quality from Medicare patients who received care in 2015, according to an article in the PI. In the survey, 78% of Island's patients scored their care a 9 or 10.

The PI based the rankings on the U.S. Department of Health & Human Services-required surveys of patients who have stayed at Medicare-eligible hospitals. The PI ranked Washington State's top hospitals based on how these patients scored their care on a scale of 1 to 10, with 10 being highest. The Centers for Medicare & Medicaid Services requires all Medicare-eligible hospitals survey patients, with the results published in the annual *Hospital Consumer Assessment of Healthcare Providers and Systems Patient Survey*.

"This honor is shared by each and every Island Hospital employee and physician, as well as our Board of Commissioners," said IH CEO Vince Oliver.

Carolyn Pape named Chief Human Resources Officer



After receiving Island Hospital's (IH) 2015 Manager Leadership Award (see article page 6), Carolyn Pape was promoted to Chief Human Resources Officer (CHRO). In this role, she is part of the Senior Leadership Team (SLT) and provides the human capital perspective in all real-time business and clinical discussions at the SLT and Board of Commissioners level.

"I am grateful to Island Hospital for allowing me to serve in this way," Pape said. "Our human capital at Island Hospital comprises an exceptional group of dedi-

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As I See It...

By Vince Oliver, IH Chief Executive Officer

Lowest WA readmission rates

Island Hospital continues to be recognized as one of the top hospitals in the State of Washington, regardless of size, for high-quality medical care with a four-star rating from Medicare, top-five ranking for quality by the Seattle P-I and the state's lowest readmission rate in 2015.

When a patient is readmitted to the hospital following a recent stay, it's difficult for the patient and family, and also greatly increases the cost of care. The Centers for Medicare & Medicaid Services (CMS) is focusing on readmission prevention and is now penalizing hospitals with higher readmission rates.

Having fewer patients readmitted is very important in our community as Medicare – Island Hospital's top source of revenue – is cutting reimbursement for hospitals not meeting the established standard. As most know, the Affordable Care Act (ACA) expanded Medicaid coverage to bring health insurance to millions of previously uninsured Americans (called Apple Health in Washington). Along with the expansion of healthcare coverage – which has helped Island Hospital patients greatly – the ACA included a number of requirements to improve quality of care and portability of patient information.

Lowering readmission rates is one of the quality measures established to cut unnecessary healthcare spending. Readmission is defined as a patient who needs to be admitted to the hospital within 30 days of discharge. An example of this would be a surgery patient who needed to be readmitted with an infection that occurred after leaving the hospital. Medicare and other insurers want unplanned hospital readmissions lowered as much as possible

to decrease unnecessary expense. Studies have shown that a readmission more than doubles the cost of care and lowering the incidence of these can save a significant amount.

CMS launched the Hospital Readmissions Reduction Program (HRR) in 2012, penalizing hospitals with high readmission rates for acute myocardial infarction, heart failure and pneumonia. For fiscal year 2013 CMS levied the maximum (at that time) penalty against 276 hospitals, resulting in a 1% decrease in Medicare funds. Last year CMS added chronic obstructive pulmonary disease (COPD) and elective hip and knee replacements to data calculated under the HRR.

To lower readmissions hospitals are

- better coordinating care and communication between providers, and between the patients and caregivers.
- improving discharge planning, education and follow-up for discharged patients.
- utilizing electronic medical records to share information and provide continuity of care.

I am proud to note that Island Hospital was No. 1 in the state for lowest readmission rates last year. Our rate of 9.3% was nearly 40% below the state average of 15.3%. This accomplishment is a result of outstanding efforts across a wide range of departments, Medical Staff and a Board of Commissioners that want to be the best hospital for our community. We will continue each day to strive to improve our care to each and every patient.

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

Island achieves Medicare Four-Star Rating, Seattle P-I Fifth Best in WA, see page 2

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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

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POSITION 2

Warren Tessler

POSITION 3

Paul Maughan PhD
(Secretary)

POSITION 4

Lynne M. Lang PhD
(President)

POSITION 5

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Heartbeats

is published by the Community Relations/ Education Department.

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ISLAND HOSPITAL

Our Promise

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

Providers join Fidalgo Medical Associates

Caroline Roeder DO



Certified in family medicine by the American Board of Family Medicine, Caroline Roeder DO has joined Fidalgo Medical Associates (FMA), where she provides traditional family medical care and obstetrics with special interests in women's health, prenatal care, pediatrics, nutrition and preventive medicine.

Dr. Roeder received her Bachelor's degree in biology in 2007 from the University of Washington (UW). She earned her Doctor of Osteopathic Medicine in 2013 from Pacific Northwest University of Health Science (PNWU), College of Osteopathic Medicine, Yakima, where she was inducted into the Sigma Sigma Phi national honorary osteopathic service fraternity, additionally receiving an A.T. Still Scholarship of the Osteopathic Association of Central Washington. She fulfilled her internship and residency in 2016 at Family Medicine of Southwest Washington (FMSW), PeaceHealth Southwest Medical Center, Vancouver, and was a resident member of FMSW's program evaluation committee.

While attending UW, Dr. Roeder worked as a lifeguard and swim instructor at Seattle Children's Hospital and was later employed as a phlebotomist by Harborview Medical Center, Seattle. She counts among her more meaningful volunteer experiences her service as medical volunteer for the Amazon River Medical Mission, Brazil, as well as her work with the Youthnet Teen Parenting Class in Mount Vernon and the Free Clinic of Southwest Washington, Vancouver.

Dr. Roeder spent time in Skagit Valley as a medical student and left to complete her internship and residency. "After I left," she said, "I frequently found myself wanting to return to the area with its wonderful people and medical facilities. I was thrilled at the opportunity to join Fidalgo Medical Associates and be associated with Island Hospital – both whose reputation of providing exceptional patient care is well deserved."

A firm believer in adhering to the fundamentals of a healthy lifestyle – good food, adequate sleep, regular exercise and activities which bring joy – Dr. Roeder takes personal joy in "spending time with my husband and three-year-old daughter, hiking, biking and visiting friends."

Lindsay Newlon MD



Certified by the Board of Family Medicine, Lindsay Newlon MD has joined FMA, where she provides full-spectrum family medicine and obstetric care, including C-sections.

Dr. Newlon earned her Bachelor's degree from Middlebury College, VT, where she majored in molecular biology and biochemistry and won high honors for her senior thesis. She received her MD from New York Medical College (NYMC), Valhalla, NY. During this time, she also:

- interned with Clear Path International, where she helped to collect medical equipment for shipment to Vietnam and Cambodia;
- interned at Da Nang (Vietnam) Orthopedic and Rehabilitation Center, where she worked in physical therapy assisting landmine victims;
- volunteered with Global Service Corps, Kanchanaburi, Thailand, where she developed a HIV/AIDS awareness and prevention program in a provincial hospital and taught HIV/AIDS awareness to youth;
- created and presented health-maintenance lectures to residents of the Grasslands Homeless Shelter with NYMC's Foundations Club.

Dr. Newlon served her residency and was a Fellow at Tacoma Family Medicine, WA, where she received full-spectrum family medicine with high-risk obstetrics training and with a focus on serving underserved and rural populations. Earlier inducted into the Gold Humanism Medical Society, she continued to lead a humanism group during her residency which emphasized the importance of integrity, compassion, altruism, respect, empathy and service within healthcare. Throughout her fellowship and until joining FMA, she volunteered at Tacoma's Neighborhood Clinic, providing free medical care for uninsured patients.

Excelling throughout her academic career, Dr. Newlon additionally brings exceptional research experience and has presented at medical conferences held at Tacoma, WA; St. Malo, France; and Orlando, FL. Her work has appeared in *Journal of Pathology* and *PLOS Pathogens*.

"I am grateful for the opportunity to join FMA, live in Anacortes and immerse myself in this community. Along with volunteering, I enjoy hiking, climbing, sea kayaking and knitting. People will see me out and about with my dog Gambit and my husband Dan, who is now teaching at Anacortes High School."

Fidalgo Medical Associates is located at 1213 24th St., #100, Anacortes. For appointments call (360) 293-3101.

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MIN-NS earns federal health-exchange certification



Mark
Quenneville

Medical Information Network – North Sound (MIN-NS), a joint health-information exchange (HIE) initiative started by Island Hospital and Skagit Regional Health – has earned

certification as an eHealth Exchange Participant.

The eHealth Exchange is a group of federal agencies and non-federal organizations that came together to improve patient care, streamline disability-benefit claims and improve public-health reporting through secure, trusted and



interoperable health-information exchange. The eHealth Exchange spans all 50 states and is the largest HIE network in the U.S., providing secure access to more than 100 million patient records. Participants include more than 40% of U.S. hospitals, tens of thousands of medical groups, more than 8,000 pharmacies and federal agencies including the Veterans Health Administration, Department of Defense and Social Security Administration.

With this qualification, MIN-NS is actively engaged in establishing fully integrated connections with the Virtual Lifetime Electronic Record (VLER) of the U.S. Military Treatment Facilities worldwide and the Department of Veteran Affairs.

“The long and distinguished list of eHealth Exchange Participants that are now our potential partners in securely exchanging health information is the realization of the ‘interoperability vision’ of MIN-NS’ founding members,” said MIN-NS CEO Mark Quenneville.



Lori Hrovat RN connects patient to Island’s new cardiac telemetry monitoring system.

Telemetry upgrade for Acute Care enhances patient care

In May – after many months of evaluation, planning, testing and training – Island Hospital’s (IH) much improved cardiac telemetry monitoring system went live.

“We moved to a different vendor,” said Director of Nursing Kristi Stevens RN. “Made by GE, this system is truly cutting edge and will support our cardiac monitoring well into the future. It has the capability of expanding services, adding additional capacity and integrating with modern electronic medical records to automatically push information into the patient’s medical record.”

How the telemetry system works

Five electrodes are affixed to precise locations on the patient’s chest, allowing heart rhythms to be viewed from every angle. The patient also wears a small and amazingly lightweight telemetry box that allows the patient, nurse or other caregiver to push a button on the box when the patient is having symptoms. This marks the event in the system to effectively match symptoms to heart rhythm, aiding diagnosis. Telemetry moni-

tors are placed at the patient’s bedside and at both nurse stations in the Acute Care Unit (ACU) as well as at the nurse station in the Intensive Care Unit (ICU), where patients’ rhythms are not only monitored but also analyzed.

Other features of the upgrade that benefit physicians, nurses and patients, include:

- Added capability – IH previously had the ability to monitor eight patients on telemetry in ACU. That has been expanded to 12. This means better, cost-efficient care for those who need only monitoring, as there is no need to transfer to ICU (where cardiac monitors are at each bedside) or transfer to another hospital.
- Enhanced quality of care and efficiency of nursing:
 - * Nurses are able to print a rhythm strip from the bedside.
 - * E-calipers have replaced manual calipers, assisting nurses and providers to more accurately measure and interpret waveforms, aiding diagnosis and treatment.

C.W. “Buzz” Ely MD receives Spirit of Island award

For only the sixth time since Island Hospital (IH) established the Spirit of Island award in 2002, the award has again been bestowed – this time, to honoree C.W. “Buzz” Ely MD.

IH CEO Vince Oliver lauded Dr. Ely’s many efforts in his message on page 3 of the Winter 2016 issue of this magazine (available online at www.islandhospital.org/publications). In his summary, Oliver wrote:

I want to sincerely thank Dr. Ely for his exceptional service and commitment to healthcare in our community, especially at Island Hospital and our clinics. His thoughtful insight and leadership has enabled us to expand our services and facilities, remain independent and financially viable.

During Dr. Ely’s career in obstetrics, he delivered more than 3,000 babies. With a detached retina, he withdrew from medical practice in 1998 and transitioned into our local business community, heralding the assets of Fidalgo Island while simultaneously working to enhance and further our quality of life.



Dr. Buzz and Betty-Anne Ely

Dr. Ely served on the IH Board of Commissioners for 18 years and says of that experience, “I believe I was of help because I was able to see medicine from both sides, utilizing the perspectives of both a medical practitioner and a business administrator. Roles of administration and medical practitioners are under constant flux, and each needs to understand what is affecting the other.”

“When I entered medical practice, the

environment was entirely different,” Dr. Ely continued. “Doctors were on call 24/7. Their lives were dedicated almost solely to their practice and patients. Nowadays – in light of increased educational debt, healthcare complexities, the prohibitive cost of certain drugs and treatments as well increased dedication to one’s family – most physicians must look to an umbrella that provides the workforce to handle today’s insurance requirements and electronic reporting. It takes time to keep current with seemingly non-stop medical and technological advances, and so much more.”

“Island Hospital and its clinics provide that support,” says Ely. “As a result, we, in our community, experience confidence in our healthcare workers and hands-on compassion rarely found in urban communities.”

[Ed. note: Betty-Anne Ely, Dr. Ely’s wife, was honored with the Spirit of Island award in 2012. Dr. Ely’s award marks the first time that partners in marriage also partnered with the hospital in such a way as to be individually honored with IH’s highest award.]

Carolyn Pape, Nancy Akland honored

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

HR Director Carolyn Pape earns Management Leadership Award



From the moment Director of Human Resources Carolyn Pape was named to that position in January 2015, she has made a significant positive impact on the department, additionally spearheading numerous projects that have had a direct positive effect on all Island Hospital employees.

While presenting the award, Island Hospital CEO Vince Oliver listed numerous examples of Pape’s achievements, just a few of which include:

- Conducting a 100% audit file to address regulatory issues with employee files
- Developing a comprehensive license and certification program
- Coordinating the updates of the hospital’s and clinics’ nearly 300 job descriptions
- Expanding recruitment programs
- Updating new employee orientation
- Developing the in-house Leadership Training series

Nancy Akland named Island Hospital’s Employee of the Year



Nancy Akland RN, a respected member of the Surgical Services team and Island Hospital employee since 2008, has been honored as Island Hospital’s 2015 Employee of the Year.

A lead nurse in Surgery Recovery, Akland is known for her ready smile, approachability and vast knowledge of critical care. Patients are reassured by her exceptional care and knowledge that helps to ensure a quality outcome throughout the patient’s surgical visit.

Akland is a natural leader due to her expansive knowledge of the Surgical Services Department. Among the many projects in which she has been instrumental are:

- Development of the Pre-Anesthesia Clinic
- Elevation of departmental collaboration through sharing knowledge and skills
- The operating room module for the Meditech electronic medical record, which includes the Patient Progress Tracker

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Tracy Donovan returns to IH as Manager of Care Management



Eight years after leaving her nursing position at Island Hospital (IH) in order to expand her education, Tracy Donovan RN, BSN, LE-MBA has rejoined her friends and colleagues as Manager of Care Management.

Care Management is the umbrella for three pillars: discharge planning, care coordination and utilization management. Discharge planning and care coordination support safe and successful discharge of patients back to their home, rehabilitation or treatment facility upon discharge

from the hospital. At IH, the discharge planning work is supported by three social workers, an additional nurse and a discharge planning coordinator within the Care Management Department. The third pillar, utilization management, is also the financial pillar that assures patient admission status are appropriate based on the patient presentation, diagnosis and medical documentation.

Donovan received her Associates degree in 2006 from Skagit Valley College, Mount Vernon, and her Bachelor's degree in 2007 from the University of Washington, Seattle. She earned her Master's degree in 2014 from Seattle University.

Since leaving IH in 2008 as RN/medical surgical nurse, Donovan has worked as public health nurse for the Skagit County Health Department, RN/home infusion nurse for Walgreens-Option Care, Health Administrative Manager/Health Clinic Manager for King County Public Health and Health Services Manager for Frontier Management, Portland.

"I am so grateful to be back at Island Hospital," Donovan says. "I am exceptionally proud of where I work and feel fortunate to work alongside Island's highly professional staff every day."

Kelsey Jenison named Community Health Ed Coordinator



Island Hospital's new Community Health Education Coordinator Kelsey Jenison is a graduate of Central Washington University (CWU), Ellensburg, and holds

a Bachelor's degree in public health, specializing in community health education. While attending CWU, she increased her knowledge through work at the American Cancer Society, Abuse Support Prevention and Education NOW (ASPEN) and the CWU Wellness Center.

Jenison spent the first five years of her career at the Swedish Cancer Institute (SCI), Seattle, working as a health education specialist before being promoted to Supervisor of Health Education, responsible for oversight of SCI's Health Education Network. In the fall of 2013, having grown up in the area and wanting to be closer to family, she moved to Anacortes and, for 2 ½ years, served the Merle Cancer Care Center at Island Hospital as Oncology Patient Navigator, where she earned the admiration and respect of administration, staff, patients and their families.

In June, Jenison was named Community Health Education Coordinator. In this role, she provides oversight of the hospital's wellness classes, health screenings and community outreach events.

"I am thrilled to use my training as a health educator to help promote wellness, education and awareness," Jenison said. "Ours is such a wonderful community, and I'm grateful for the opportunity to give back to the place that has given me so much."

For information about classes, screenings and other wellness activities at Island Hospital, contact Jenison at (360) 299-1309 or kjenison@islandhospital.org.

PEDIATRICIAN JEANNE OLMSTED MD RETIRES



After 24 years with Fidalgo Medical Associates (FMA) and Island Hospital, Pediatrician Jeanne Olmsted MD is retiring. In photo are (from left) Medical Assistant Elizabeth Hopper, Pediatrician Les Richards MD, Dr. Olmsted, Patsy Rowland RN, Cynthia Casas LPN, Lisa Halstead CMA and Medical Assistant Kevin Tinsley. Dr. Olmsted has practiced at FMA since 1992. "Dr. Olmsted has provided outstanding medical care for the children and their families of our community," said Island Hospital Director of Clinics Patty Codd. "We will deeply miss her compassion and expertise."

Meet Director of Respiratory Care Tom Schaltenbrand MBA, RRT



Since May, Director of Respiratory Care Tom Schaltenbrand MBA, RRT has been leading the Respiratory Services (RS) team at Island Hospital. RS provides respiratory-care services and electrocardiograms for outpatients and inpatients from newborn through geriatric, and works in all areas of the hospital.

As Director, Schaltenbrand collaborates with other Island Hospital managers to develop strategies of continual assessment of services and methods of improved patient care experiences as well as ensuring that the RS team has the resources to provide consistent and excellent care.

Schaltenbrand earned his Associate's degree in applied science-respiratory therapy from St. Louis Community College. He received his Bachelor's degree in management (with emphasis in healthcare administration) from Webster University, St. Louis, MO, and his Masters from Fontbonne University, St. Louis.

Schaltenbrand's previous experience includes (in chronological order): Clinical Director, Respiratory Therapy Program, Kaskaskia College, Centralia, IL; respiratory therapist, Cardiopulmonary Rehab, Missouri Baptist Medical Center, St. Louis; staff therapist/night-shift supervisor St. Elizabeth's Hospital, Belleville Illinois; Director of Cardiopulmonary, St. Joseph's Hospital, Breese, IL; Director of Respiratory Therapy, Kindred Hospital - St. Anthony's, St. Louis, MO; Clinical Services Manager, Hospice of Southern Illinois, Belleville; and, most recently, Business Manager, Therapy Services, Barnes-Jewish Hospital, St. Louis.

Newly arrived to our area, Schaltenbrand says, "What drew me to Island Hospital and the Anacortes area was small-town healthcare with big-city services. The ability to interact directly with other IH managers to affect change was the collaborative environment sought. The climate and beauty of the Pacific Northwest was icing on the cake. Here, I enthusiastically embrace the opportunity to work with my colleagues as we all strive to make Island Hospital the best healthcare experience, now and for years to come."

Respiratory Services is located at 1211 24th St., Anacortes. Call (360) 299-1363.

T. Jay Thompson JD named Compliance Officer



With a Juris Doctor (JD) degree and extensive law firm and human relations experience, T. Jay Thompson has been named Compliance Officer (CO) for Island Hospital (IH).

Prior to joining IH, Thompson was President and owner of Minzel, Thompson & Associates, a legal staffing and recruiting agency located in Seattle. He was hired by IH in 2011 and, as a contract analyst, he analyzed and then reorganized all hospital insurance contracts toward culling all relevant information for future projects. In late 2011, he joined the staff of Psychiatry & Behavioral Health and played an essential role in helping to grow and develop the newly established and award-winning clinic through his performance as (in chronological order) Clinic Scheduler, Clinic Coordinator and Clinic Supervisor.

With a Bachelor's degree in international relations from Pepperdine University, Malibu, CA; Thompson went on to earn his JD from the

University of San Diego, School of Law. He then completed a post-baccalaureate premedical program at Bennington College, VT, before engaging graduate studies in physiology and biophysics at Georgetown University, Washington, DC.

The purpose of the CO is to oversee the Corporate Compliance program, functioning as an independent and objective body that reviews and evaluates compliance issues/concerns within the organization. The position ensures the Board of Commissioners, hospital leadership and employees are in compliance with the rules and regulations of regulatory agencies, that company policies and procedures are being followed, and that behavior in the organization meets the hospital's Code of Conduct.

In this post, Thompson monitors and reports results of the compliance/ethics efforts of the hospital and provides guidance for the Board of Commissioners and senior leadership team on matters relating to compliance. The CO, together with the Compliance Committee, is authorized to implement all necessary actions to ensure achievement of the objectives of an effective compliance program.

Lisa Edwards RN, SANE-A, named Clinical Programs Coordinator



Lisa Edwards RN, SANE-A has been named Clinical Programs Coordinator, a newly created position that combines Island Hospital's (IH) trauma, stroke and sexual-assault

programs. In this role, Edwards works to meet state mandates which allow IH to maintain its designation as a Level III Trauma Center and Level II Stroke Center. She is additionally responsible for building policies to guide IH's program for responding to victims of sexual assault in our community.

Edwards, certified as a Sexual Assault Nurse Examiner-Adult (SANE-A), brings 15 years of diverse nursing experience to this post. An IH employee since 2008, she has served IH and its patients as, first, an acute care and ICU nurse and, for the last six years, as a staff Emergency Department nurse, SANE and Stroke Coordinator. When tasked with establishing a new sexual-assault response program, she helped coordinate a team of 12 dedicated forensic nurses to serve and support victims and their families; and as Stroke Coordinator, she performed a monthly case review with neurologists at Seattle's Swedish Hospital who work with IH doctors and nurses via live-time Telehealth video conferencing to best serve the emergent stroke patients as well as those admitted to the hospital following a stroke.

Beloved by co-workers and patients alike for her candor and positive sense of humor, Edwards said, "I feel honored to work at IH in a position in which I can influence positive patient experiences during an unusually challenging time in their lives. My goal is to continually improve the care received at IH by learning and implementing better ways to treat our trauma, stroke and sexual assault patients."

Island Internal Medicine adds provider, manager

Island Internal Medicine (IIM) recently added two experienced professionals to its practice, located in Anacortes and La Conner.

Caitlin Desch PA-C joins IIM



Caitlin Desch PA-C is now seeing patients at Island Internal Medicine (IIM).

"I am so excited to be the newest team member of IIM," Desch says, "and I love the relationships that

can be formed in a primary-care, outpatient setting."

Originally from Baltimore, MD, Desch received her Bachelor's degree in English with a minor in pre-professional studies from the University of Notre Dame, IN, and her Master's degree in physician-assistant (PA) studies from the Medical University of South Carolina, Charleston. In the pursuit of her Master's degree, she completed clinical rotations in the areas of emergency medicine, family medicine, internal medicine, pediatrics, psychiatry, surgery and women's health.

Following graduation, Desch worked at Johns Hopkins Bayview Medical Center (JHBMC), Baltimore, MD, as a PA in its Collaborative Inpatient Medicine Service department. Her husband's job as a Navy pilot brought the couple to Anacortes in September 2015.

"While I enjoyed my last role as a hospital-

ist PA," Desch says, "I am thankful for the opportunity to transition to outpatient medicine. I love working with patients to create an environment in which they can have an active role in improving their health. I believe in educating and engaging patients in their care, thus ensuring their success in achieving a healthy lifestyle."

Desch is board certified by the National Commission on the Certification of Physician Assistants and is a member of the American Academy of Physician Assistants.

IIM introduces Clinic Manager Lucy Koivisto



Working behind the scenes at Island Internal Medicine (IIM) and La Conner Medical Center (LCMC) since February, Clinic Manager Lucy Koivisto continually finds ways to improve patient

care and experience.

"While helping with the everyday clinic management," Koivisto said, "I am always focused on patient experience and what we can do better to serve our patients and our wonderful staff."

Koivisto found her way to human healthcare by way of veterinary medicine. "I attended Michigan State University (MSU) for my BS in veterinary technology, where I found my niche in animal emergency medicine," she said. "I worked for several years as a Licensed

Veterinary Technologist (LVT) – which is equivalent to the RN, BSN in the human world – and later as a relief LVT while serving as a project coordinator for a heavy civil/vertical-construction company in Alaska. I then felt impelled to pursue human healthcare and returned to Michigan to obtain my Master's degree in human resources from Central Michigan University (CMU)."

While studying at CMU, Koivisto worked with the Michigan Health & Hospital Association in its Patient Safety and Quality Department, focused on national projects to prevent hospital-acquired infections with regards to catheter-associated urinary-tract infections and ventilator-associated pneumonias. In this role, she served on project-management teams with the American Hospital Association and the Johns Hopkins Armstrong Institute.

"As Administrator for the Comprehensive Unit-Based Safety Program survey," Koivisto said, "I gained insight into how improving an organization's culture, teamwork and communication could drive positive change."

Rewarded by seeing patients and staff at IIM and La Conner Medical Center benefit from her work, and enjoying living in a tightly knit community, Koivisto takes great pleasure in an added bonus: "All the seafood we have access to in Anacortes!"

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

Catherine Schnabel PA-C joins Skagit Regional Clinics-Urology



Skagit Regional Clinics (SRC) - Urology has added Catherine Schnabel PA-C to its staff.

Schnabel received her Bachelor's degree in nutrition from the University of Alabama (UA), Tuscaloosa, and her Master's degree from the University of Alabama, Birmingham. Her studies included clinical rotations in the areas of cardiovascular surgery, emergency medicine, general surgery, inpatient and outpatient medicine, neurosurgery, obstetrics and gynecology, pediatrics, psychiatry and trauma burn intensive care unit.

Following her studies at UA, Schnabel worked as a surgical assistant at the Alabama Vascular and Vein Center. She was a dietetic intern at the Rehabilitation Institute of Chicago and worked as a registered dietician at Children's Hospital of Alabama.

"I was initially on the path to become a dietitian," Schnabel said. "After undergrad I worked with a friend's father in the operating room and immediately fell in love with surgery. I met several PAs along the way and loved the amount of patient interaction and

responsibility they were given, as well as the ability to work in any specialty."

With an interest in the oncology side of urology, Schnabel says she most enjoys the rewards of "building a relationship with a patient, then having the opportunity to see them progress."

"I feel so fortunate and blessed to be here at Skagit Regional Clinics-Urology," Schnabel says, "working alongside and learning from my amazing new colleagues while practicing what I love."

Catherine Schnabel PA-C is a member of the American Academy of Physician Assistants and the Washington Society of Physician Assistants. Skagit Regional Clinics-Urology is located in Anacortes at 1213 24th St., #600. For appointments call (360) 814-6565.



Stepping it up in the IH Cardiopulmonary Care Center are (from left) Angus Young, Denis Monk, Larry Forsythe, Ervin Bell (front), Respiratory Therapist Jim Schermele, Curtis McCauley, Eileen King, Scheduler/Coordinator Denise Adams, Registered Nurse Jan Priggee, student Jessie Kaech and Exercise Therapist Courtney Stewart.

Patients train for Arts Dash

A green track spans the length of two walls in the exercise room. Each stripe represents a track lane, and each color represents one team of patients who utilize Island Hospital's Cardiopulmonary Care Center. The individuals' goal: to participate in the annual Anacortes Arts Festival's Art Dash.

"This is our 'walk wall,'" said Jan Priggee RN, CCRP, who initiated the program this year. "Visuals are important, and patients are encouraged by seeing their progress on the track."

Priggee pointed to the small paper cutouts of athletic shoes at various distances on the track. "Most patients are really doing better than they think. Each distance marker of one mile (represented by vertical lines) shows them that real progress is being made."

Priggee had been inspired by a news story that told of a surgeon who, after performing a kidney transplant for his patient, promised his patient he would help him achieve his goal of summiting Mt. Rainier. They worked toward that goal, and together summited the mountain.

"I thought, 'We can do this!'" Priggee said "In Anacortes, we could set our goals on participating in the Anacortes Arts Festival's Art Dash in a 5K, 10K, or half-marathon event. We put the idea into motion."

When a patient is on a treadmill for 20 minutes, the distance is noted and their shoe moves along the track that distance. If the patient is on a different piece of equipment, the staff converts that activity to miles.

"The first goal is to do the 5K," Priggee said. "The second goal is to do a theoretical full marathon, with accumulation of steps done in class. In our first Art Dash three years ago, 10 patients participated; in the second year, 12; and this year, 15. It's growing each year."

To bolster confidence and ensure safety, Priggee along with Exercise Specialist Courtney Stewart BS and Respiratory Therapist Jim

Schermele RRT walk with their patients – stationed front, center and rear. "As our patients' goals are met, our goals are met," Priggee said, "and at the end of the Art Dash, it's a celebration for all."

The Cardiopulmonary Care Center at Island Hospital offers comprehensive, medically supervised cardiac and pulmonary rehabilitation programs – each tailored by specially trained healthcare professionals to meet your individual needs with the aim of helping you stabilize, slow and even reverse the progression of heart or lung disease so you can lead an active, productive life.

Island Hospital's Pulmonary Rehabilitation Program is designed to help patients breathe easier if they have been diagnosed with a condition such as:

- Chronic obstructive pulmonary disease (COPD)
- Bronchial asthma
- Chronic bronchitis
- Neuromuscular disease
- Restrictive disorders
- Emphysema
- Cystic fibrosis

The Cardiac Rehabilitation Program can help if you have experienced any of the following:

- Heart attack
- Angina/chest pain
- Angioplasty or stent procedure
- Bypass surgery
- Valve replacement/repair
- Heart transplant
- Congestive heart failure

The programs are covered by most insurance plans and are reimbursed by Medicare. You will need your physician's referral to participate in the Cardiac or Pulmonary Rehabilitation Program.

Stay healthy this fall

by Tari Roche DO



Okay, we've made it through the summer and a good time to look forward and see what we can do to stay healthy.

Families with school-aged children will need to think about updating immunizations and well-child checkups.

The Centers for Disease Control recommends flu immunizations for everyone over the age of 6 months. In addition, pneumonia shots are recommended for those people 65 and older, or anyone who is immunocompromised. This includes anyone with diabetes or significant lung disease, have had their spleen surgically removed or who have some other type of immunodeficiency condition.

There are two types of pneumonia vaccine – the regular Pneumovax and Prevnar, which is considered a booster vaccine. Remember that the pneumonia shot really only covers one type of organism that causes pneumonia, but it prevents a very serious type of pneumonia.

The fall is also a good time to think about updating the shingles vaccine if you are over 60.

If you are prone to asthma and allergies it might be a good time to think about cleaning some dust sources out of your home by vacuuming and steam-cleaning carpets and removing any accumulations of dust and pet hair that might be blown around by a forced-air heater. You may even consider hiring a cleaning service to come to your home and clean out the ventilation system prior to turning the heat back on for the fall and winter.

The fall is also the time that a lot of people begin to deal with seasonal affective disorder and depression (SADD). If you are prone to this condition you might consider getting your vitamin D level checked as people with low vitamin D levels tend to have more trouble with depression. You also might consider discussing treatment with an antidepressant for this part of the year with your primary-care provider.

A lot of folks tend to exercise less as the days become shorter and the weather becomes cooler. It would be a good time to consider joining a gym, or an exercise class or planning some other way to continue to incorporate several exercise sessions into your weekly routine.

Wishing you a happy and healthy season!

Dr. Roche practices at Anacortes Family Medicine, 2511 M Ave., Anacortes. For appointment or information call (360) 299-4211.

Services expanded for Center for Pain Management at Island Hospital

Millions of Americans suffer from chronic pain, far too many accepting that pain is just part of growing older. Pain keeps many from enjoying full lives by limiting activities, costing them thousands for care and affecting emotional well-being.

To expand pain services offered here, Island Hospital recently welcomed Xi Bei Tian MD to provide interventional pain treatments at the newly expanded Center for Pain Management. Interventional pain management primarily uses a variety of injection and radio-frequency therapies to block the pain at the source.

Geoffrey Godfrey MSN, FNP-BC, will continue his holistic approach to pain relief at the same location, 2511 M Avenue, Suite C, in the southeast corner of the lower level of the IH Medical Office Building.

Geoffrey L. Godfrey MSN, FNP-BC



Utilizing his extensive training and experience in pain management, palliative and other high-risk patient care, Geoffrey L. Godfrey MSN, FNP-BC has practiced at the Center for

Pain Management at Island Hospital since 2013. He has had great success with patients who have struggled – some for many years – with chronic pain.

Godfrey served as President of Strategic Pain Solutions in Arizona, where he also was Director of Clinical Science and Research at OPC Pharmacy. He has worked as a pain management nurse practitioner and a palliative care specialist at The Pain Center, Phoenix, AZ and at St. Joseph's Hospital.

Godfrey earned Bachelor's and Master's degrees in nursing leading to accreditation as a nurse practitioner from the University of Phoenix. He holds accreditations as a family nurse practitioner and as a trauma and critical care nurse specialist. His affiliations include the Emergency Nurses Association, the American Academy of Pain Management and the American Academy of Nurse Practitioners.

Center for Pain Management welcomes Xi Bei Tian MD



Pain management specialist Xi Bei Tian MD recently joined the Center for Pain Management at Island Hospital.

Dr. Tian earned his Bachelor's degree in computer engineering (cum laude) in 1998 and his Master's degree in electrical engineering (2000) from Utah State University (USU). During this time he worked as a research assistant for Abbott Laboratories, focused on glucometer using polarization characteristics of laser through ear lobes, and later as research assistant for USU focused on maneuvering algorithms on omnidirectional robotic vehicles.

Seven years later, Dr. Tian returned to school and earned his Doctor of Medicine degree in 2011 from the University of Virginia School of Medicine. He fulfilled his internship in general surgery at Virginia Commonwealth University (2012), and his residency in anesthesiology (2015) and fellowship in pain management (2016) at

Penn State Hershey Medical Center. His fellowship included research on applications of rapid prototyping of complex spines in clinical training assessment.

"Many chronic pain conditions have physical, psychological, and even social components," Dr. Tian says. "My emphasis is on the physical component. I enjoy finding the physical causes and offer corresponding medical or minimally invasive treatments based on evidence. Starting with healthy lifestyles, with involvement of other medical and holistic specialties, most people can reduce their chronic pain to a minimal level."

Dr. Tian is a member of the American Society of Anesthesiologists and is eligible for certification by the American Board of Pain Medicine and American Board of Anesthesiology.

The Center for Pain Management is located in the Island Hospital Medical Office Building, 2511 M Ave., Ste. C, Anacortes. For appointments call (360) 299-4929.



FREE online patient portal to help you securely manage your healthcare information anytime, anywhere. Learn more at www.islandhospital.org

DIAGNOSTIC IMAGING AT ISLAND

State-of-the-art Diagnostic Imaging provides the *inside information*

Island Hospital's Diagnostic Imaging Department (DI) is committed to providing the highest-quality inpatient and outpatient diagnostic-imaging services.

"We focus carefully on delivering great customer service while producing the best quality images and studies possible," said Ray Ould RT, CMNT, Island Hospital's Director of Diagnostic Imaging. "We believe that our services are as good, if not better, than those in many large metropolitan hospitals."

"Patients truly appreciate our comfortable, modern and well-equipped department," Ould said. "They also love the hometown warmth and genuine care they receive from our staff. This is truly what continues to set Island apart from other hospitals in the area."

DI provides a wide variety of "studies" to examine what's going on inside the human body, basically everything that can't be seen. From bone structure and density, to blood flow and internal organs, DI studies provide key information so providers can make the best diagnosis for each patient.

Why an MRI, not an x-ray?

Diagnostic imaging comprises multiple and different types of imaging. The type of imaging utilized is based on the specific illness. This is determined by which imaging area – and type of study – will provide the most information about that specific illness.



Director of Diagnostic Imaging Ray Ould CNMT (left) and Radiologist John Burke MD share a lighter moment.

CT (Computed Tomography)

CT (or "cat scan") is an examination in which x-rays are passed through the body from multiple angles. Detailed information about the area of interest is obtained and then processed in a special computer.

CT can be used to study any part of the body and is commonly used to detect tumors and monitor their response to treatment. CT is also very useful in emergency or trauma situations where a quick view of the body is needed.

During the CT scan, patients are placed in a tubular structure that houses the imaging equipment. It is sometimes necessary to inject "contrast" (dye) into the veins during the exam to aid in the interpretation of the study, which typically lasts 10 to 15 minutes.

MRI (Magnetic Resonance Imaging)

MRI uses radiofrequency waves and a strong magnetic field to provide remarkably clear and detailed pictures of internal organs and tissues for accurate diagnoses. The information is processed by a computer as images of the body are obtained.

MRI is commonly used to visualize problems of the brain and spinal cord. Other applications include tumor diagnosis and problems of the vascular system and bones and joints.

During an MRI examination, patients are placed within the magnetic field. It is sometimes necessary to inject contrast (dye) into the veins or into joint spaces during the examination to aid in the study, which usually lasts 30 to 60 minutes.

Mammography

Mammography is used to either screen for or diagnose breast cancer. During this exam, typically lasting 15 to 20 minutes, the breast is compressed between paddles while x-rays are used to obtain digital images of breast tissue. Special software is used that allows magnification and manipulation of the digital images to aid the radiologist during interpretation.

Ultrasound and Echocardiography

Ultrasound and echocardiography utilize high-frequency sound waves that reflect off of the body's structures and back to a probe that has been placed on or near the area of interest. The sound waves are processed and generated by a computer in real time. Since ultrasound does not make use of ionizing radiation, it is one of the safest imaging modalities available.

Ultrasound is used in virtually every branch of medicine: obstetrics to study the fetus; gynecology; diagnosis of

liver, kidney and gallbladder disorders; and in cardiology to detect heart damage and vascular conditions. During the exam, patients sit or lie in a comfortable position. The test is noninvasive and involves no radiation.

Echocardiography, also called an echo test or heart ultrasound use ultrasound waves specifically to image the heart to detect cardiac disease.

Barto Family Charitable Trust donates new ultrasound unit

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DEXA (Dual Energy X-Ray Absorptiometry)

DEXA scanning is the most widely used method to measure bone-mineral density. It is most commonly used in checking for the presence of osteoporosis, a skeletal disease resulting in decreased bone mass and greater susceptibility to fractures.

A DEXA scan is non-invasive, takes only a few minutes and is similar to having an x-ray.

X-Ray (Radiography)

Radiography passes x-rays through the body to generate two-dimensional images and can be used to generate static images of areas such as the chest, abdomen, spine or extremities. X-rays can also be used with contrast (barium)

during fluoroscopic examinations to obtain real-time imaging of various structures within the body, such as the stomach and intestinal tract.

Nuclear Medicine

Nuclear medicine uses low doses of radioactive materials to evaluate how well various parts of the body are functioning. Common nuclear medicine exams include those for bones, lungs, heart, thyroid and gallbladder.

For this exam, the patient is positioned on an examination table. The nuclear medicine camera is then positioned over the area of interest. The patient is simply required to relax and stay calm during the examination. The technologist and patient can communicate at any time.

Nuclear medicine "stress tests" involve exercise on a treadmill, followed by the nuclear medicine acquisition to evaluate how the heart is functioning.

Interventional Radiology

During these procedures, x-rays are used to aid physicians in performing minor surgical procedures.

Common uses are spinal pain management and lumbar punctures in which a small needle is used to obtain cerebral spinal fluid (CSF) samples from the spinal canal for examination in a laboratory.



Ultrasonographer Jeffrey Kinsella works in the ultrasound suite that features a new machine purchased by the Janice and Jerrel Barto Family Charitable Trust (see article page 19).



Mammography technologists Sheri Holt RT(R) (M) (left) and Shae Lewis RT (R)(M) with the mammography unit.

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 your cancellation is received at least 24 hours prior to the start of class.

THREE EASY OPTIONS FOR REGISTRATION

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

Classes

ADVANCE HEALTHCARE DIRECTIVES

Where There's a Will, There's a Way

NEW!



Join Island Hospital Occupational Therapist Hilary Walker for a detailed workshop that will guide each participant through completing advance healthcare directives. This class will use the End of Life

Washington form. Participants will go home with a finished copy to share with loved ones and their medical providers.

When: Thursday, November 10, 10 a.m. – noon
Thursday, January 12, 10 a.m. – noon

Where: Anacortes Senior Activity Center
Cost: \$15

Contact: 293-7473 for information about how to register
Instructor: Hilary Walker OT

BIRTH AND BEYOND

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.

When: Monday, November 14, 5 – 6:30 p.m.
Monday, January 16, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25 (covered by Apple Health)

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

Car & Booster Seat Clinic



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

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

When: Thursday, October 13, 3 – 5 p.m.

Thursday, December 8, 2 – 4 p.m.

Thursday, February 9, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

"Really great information"

Breastfeeding class participant

Childbirth Education Class



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

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

When: Tuesdays, November 1 – December 6,
6 – 8:30 p.m.

Tuesdays, January 3 – February 7,
6 – 8:30 p.m.

Tuesdays, March 7 – April 11,
6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$95 (Apple Health Pregnancy Medical covers class fee)
Instructor: Teri Shilling MS, LCCE, CD(DONA), IBCLC

Weekend Childbirth Education

This two-day class is for those unable to attend the six-week session. Prenatal nutrition, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVDs and hands-on practice. Class must meet minimum registration requirements to be held.

When: Sat. & Sun., Dec. 10 & 11, 10 a.m. – 6 p.m.

Sat. & Sun., Feb. 11 & 12, 10 a.m. – 6 p.m.

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

Where: Fidalgo/Burrows Rooms

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

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

CANCER CARE RESOURCES

Art & Healing for Cancer Patients

Art Therapist Margaret Carpenter Arnett BSN, ATR, offers a supportive group for cancer patients and their caregivers to use art as an outlet to relieve stress, heal emotions and gain a sense of accomplishment. No artistic skills are required to participate. Anyone touched by cancer is welcome to attend.

When: 1st & 3rd Wednesdays, 2 – 4 p.m.

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



Classes, Screenings & Support Groups

Breast Cancer Support Group

Oncology Patient Navigator Danah Peace-Laws MSW, LICSW offers a group for women with breast cancer. The group will explore a variety of topics specific to women in cancer treatment. Come and connect with others, share your experience and help other women in the process.

When: Call for dates

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

LOOK GOOD... FEEL BETTER

A specialized class dedicated to helping women address appearance and self-image concerns experienced during chemotherapy or radiation treatment. Look Good Feel Better focuses on skin care, make-up, proper care for nails and hair alternatives. Each participant receives a free kit of cosmetics donated by the cosmetic industry. This program is sponsored by the American Cancer Society.

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

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

Pulmonary Rehabilitation

Are you unable to do the things you used to do because of shortness of breath and fatigue? Pulmonary Rehabilitation may be the answer. An exercise specialist will teach participants exercises that will increase strength and decrease fatigue. Also learn about the cardiopulmonary system, medications and nutrition to maximize strength and endurance. This course is

Medicare-approved and may be covered by insurance. Call 299-4242 for more information.

CPR CLASSES

Basic Life Support (BLS) for Healthcare Providers

This course is for healthcare providers and includes adult, child and infant CPR, AED usage and choking. This American Heart Association BLS for Healthcare Providers certification is good for two years. Must pass written test and testing may exceed posted class time.

When: Wednesday, October 12, 4:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$75

Registration: Call LifeTek, 360-416-8239

Heartsaver CPR/AED

This course includes adult CPR and AED training for those needing a course completion card. This American Heart Association Heartsaver course certification is good for two years.

When: Wednesday, January 11, noon – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$50

Registration: Call LifeTek, 360-416-8239

“Best class I have ever had”

Diabetes class participant

DIABETES

Diabetes and the Ketogenic Diet

NEW!

Do you have type 2 diabetes? Learn how to manage your diabetes through the low carbohydrate, ketogenic diet. This class will cover many aspects of how diet affects type-2 diabetes including methods for controlling blood sugar and weight loss. Nondiabetic participants welcome to attend to learn about the many benefits of the ketogenic diet.

When: Tuesday, November 1, 3 – 4 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Jan Priggee RN, CCRP

DRIVER'S SAFETY

AARP Smart Driver

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

When: Monday, October 17, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Linda Sisson

HEALTH INSURANCE

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, January 16, 1 – 2:30 p.m.

Monday, February 20, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

MIND & BODY

Beyond Eating Less and Exercising More

Join Naturopathic Physician Alethea Fleming of the Vital Aging Clinic to learn ways to strategically lose weight without the use of pills or supplements. Learn how the timing of meals can be just as important as what you eat, the smartest way to exercise and how your environment plays a role in your weight.

When: Thursday, January 12, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

Classes, Screenings & Support Groups

De-stressing for the Holiday Season



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, walking meditation, and guided exercises.

Participants will learn ways to attend to the tranquility underneath the commotion of the holiday season.

When: Thursdays, November 3, 10 and 17, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Essential Oils for the Mind, Body and Soul



Experience essential oils in this workshop that will allow you to blend oils that will help meet your need with Michelle's helping hand. Learn how to make an organic therapy oil and aromatic spray to take home.

Michelle will share her experience with combining these oils to work on all levels of your being.

When: Wednesday, November 2, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Herbal Gift Workshop

NEW!



Looking to prepare a healthy holiday gift? Look no further. Join us to learn the art of formulating a delicious herbal tea with Kelly Ann Nickerson MS. During this class you will create your own herbal tea and will discuss the health benefits herbal teas provide.

When: Thursday, December 15, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$15

Instructor: Kelly Ann Nickerson MS

"Good information that I am happy to have prior to my surgery"

Life & Therapy After Orthopedic Surgery class participant

Herbal Medicine 101 **NEW!**

Interested in learning the basics about medicinal herbs? Join us for a hands-on class that will discuss what you need to know. Start off with a discussion in a classroom setting and end with an herb walk on a nearby trail. Moderate trail walking required. Wear stable walking shoes.

When: Thursday, October 20, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms & Walking Trail

Cost: \$15

Instructor: Kelly Ann Nickerson MS

Medicinal Oils **NEW!**

Did you know herbs can be applied topically or taken internally through fixed oil extracts? Learn which herbs and oils work well together and how to use these herbal oils for medicinal purposes.

When: Thursday, January 19, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$15

Instructor: Kelly Ann Nickerson MS

Natural Skincare Workshop

Learn how to make luxurious skin and haircare products using essential oils, carrier oils, hydrosols and more. Create your own skin or hair blend to take home or give as a gift! Recipes included for a variety of skin and hair care products.

When: Tuesday, December 13, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25, includes custom blend

Instructor: Michelle Mahler

Improving Your Aging Memory



Is your memory not quite how it used to be? Join an Island Hospital speech-language pathologist to learn strategies and activities to improve your memory and keep your mind sharp.

When: Wednesday,

October 26, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Libby Lewis MA, MEd, CCC-SLP

PHYSICAL THERAPY PROGRAMS

Life & Therapy After Orthopedic Surgery



For those planning on having a total knee or hip replacement, shoulder surgery or back surgery, join an occupational therapist from Island Hospital 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, October 11, 1 – 2:30 p.m.

Tuesday, November 8, 1 – 2:30 p.m.

Tuesday, December 13, 1 – 2:30 p.m.

Tuesday, January 10, 1 – 2:30 p.m.

Tuesday, February 14, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Hilary Walker OT

Osteoporosis: Exercise & Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong from an Island Hospital physical therapist and registered dietician. Come prepared to try some exercises you

will be able to do at home.

When: Monday, December 12, 3 – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Linda Lewis PT & Suzie DuPuis RD

Urinary Leakage



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

help prevent urinary leakage from a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, January 12, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

SELF-CARE

Chronic Pain Management



Join Pain Specialist Geoffrey Godfrey ARNP of the Center for Pain Management at Island Hospital, for a five-week course that will provide an overview of chronic pain management. Topics covered include a variety

of proven methods that successfully help many individuals live with chronic pain such as an anti-inflammatory diet, guided imagery, non-invasive therapies and more. Includes guest speakers.

When: Wednesdays, January 4 – February 1, 5 – 6:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25

Instructor: Geoffrey Godfrey ARNP

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: \$44.99/month (discounts available – cost includes use of online eTools)

Contact: Marcee, 360-391-8994

OTHER RESOURCES

Center for Maternal & Infant Care

Pregnant and have Apple Health? Maternity support services through Island Hospital can help! Services consist of preventative health education to support a healthy pregnancy and baby, and includes a multidisciplinary team of a registered nurse, lactation consultant, nutritionist and social worker. The Center for Maternal & Infant Care helps connect expecting moms to community resources. Call 293-3101 for more information.

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.

Lifeline

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

SHIBA

Need free help understanding Medicare or health insurance connected to Medicare, Part D medication coverage, and “extra help” programs? Island Hospital’s SHIBA program has expert volunteers trained by the Office of the Insurance Commissioner available to give free, unbiased information. Please call Island Hospital SHIBA (Statewide Health Insurance Benefits Advisors) at 299-4212 for an appointment. SHIBA also offers free Medicare 101 classes, once a month. For class information call 299-1309.

Anacortes Teen Clinic

The Teen Clinic offers confidential family planning services for teens on Wednesdays from 2 – 5 p.m. Located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

NAMI

(National Alliance on Mental Illness)

NAMI Skagit provides support, education and advocacy for people with mental illness and their families within Skagit County. NAMI Skagit offers support groups and classes. NAMI Skagit can be reached through the HELPLINE at 1-800-273-8255. If you are in crisis, please call the Suicide Prevention Lifeline at 800-273-TALK or 800-SUICIDE.

Welcome new instructor

Joining us is Kelly Ann Nickerson, who will offer a variety of classes focusing on herbal medicine, (see full class listing on page 16). She was born and raised next to the forest lands of Anacortes and has developed a passion for life that includes medicinal herbs. Nickerson is the owner of Bloom Apothecary, a holistic clinic and medicinal herb shop in Anacortes. She earned her Bachelor’s degree in herbal science from Bastyr University and her Master’s degree in horticulture from Washington State University.

Support Groups

The following meet at Island Hospital.

Art & Healing for Cancer Patients

1st & 3rd Wednesday, 2 – 4 p.m.

Merle Cancer Care Center Conference Room

Contact: 588-2082, registration preferred

Breast Cancer

NEW!

Call for dates

Merle Cancer Care Center Conference Room

Contact: 588-2082, registration preferred

Breathe Better

3rd Tuesday, 1 – 2 p.m.

Burrows Room

Contact: Jim, 299-4242

Grief

Every Wednesday, 3:30 – 5 p.m.

Guemes Room

Contact: Doug, 202-1699

Parkinson’s

3rd Thursday, 1:30 – 3 p.m.

Fidalgo/Burrows Rooms

Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. – noon

Fidalgo Room

Contact: Carl, 279-8399

Restless Leg Syndrome

Call for dates

Fidalgo/Burrows Rooms

Contact: Charlotte, 293-7328

OTHER ANACORTES SUPPORT GROUPS

Alzheimer’s Association - Caregivers

2nd & 3rd Monday, 1 p.m.

Westminster Presbyterian Church

1300 9th St., Anacortes

Contact: Ann, 299-9569

Kidney

Meets Quarterly

Anacortes Senior Activity Center

1701 22nd St., Anacortes

Contact: 293-7473

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

Classes, Screenings & Support Groups

Health Screenings

Sponsored by the Island Hospital Foundation

Balance Screening

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

When: *Tuesday, October 11, 10:30 a.m. – 12:30 p.m.*
Tuesday, February 21, 10:30 a.m. – 12:30 p.m.

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

Cost: *FREE*

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, October 25, 9 – 11 a.m.*

Tuesday, January 17, 9 – 11 a.m.

Where: *Island Health Resource Center*

Cost: *\$5*

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. Please do not arrive prior to 7:30 a.m. Call 299-1309 for questions.

When: *Tuesday, October 18, 8 – 11 a.m.*

Tuesday, January 10, 8 – 11 a.m.

Where: *Island Health Resource Center*

Cost: *\$10 (insurance may cover the cost of your screening)*

Clinical Breast Exams

During this screening, Sue Jordan PA-C will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required!

When: *Monday, October 24, 8 a.m. – noon*

Where: *Island Hospital, Merle Cancer Care Center*

Cost: *FREE*

2015 Breast Screening Results: 14 people participated; one required a follow-up visit with their healthcare provider.

Hearing Screening

Are you having a hard time hearing as well as you used to? Help is available and easy once you have confirmed hearing loss. This screening will provide you with a simple hearing test provided by Dr.

Holly Kennedy of the Anacortes Hearing Center. Appointments are required!

When: *Tuesday, February 7, 9:30 a.m. – 4 p.m.*

Where: *Island Health Resource Center*

Cost: *FREE*

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, November 1, 9 – 11 a.m.*

Monday, January 16, 9 – 11 a.m.

Where: *Island Health Resource Center*

Cost: *FREE*



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.

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, November 8, 8 a.m. – noon*

Where: *Island Health Resource Center*

Cost: *FREE*

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-4204

Skin Cancer Screening

Have your skin visually checked for any abnormalities by Lyndsey Switzer PA-C of Rosario Skin Clinic. Appointments are required.

When: *Friday, February 10, 8 a.m. – noon*

Where: *Island Health Resource Center*

Cost: *FREE*

July 2016 Screening Results:

29 people participated, 27 required a follow-up visit with their healthcare provider.

Swallow Screening

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

When: *Tuesday, December 6, 1:30 – 3:30 p.m.*

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

Cost: *FREE*

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

Please give blood at Island Hospital

**Monday, Dec. 19 &
Monday, March 6
10 a.m. - 4 p.m.**

Fidalgo/Burrows Rooms

Call 299-1309 for an appointment or info.

Ultra-gift of ultrasound has people talking

In early August, Island Hospital Chief of Staff Kathy Garde MD (who specializes in obstetrics and gynecology) told Island Hospital Foundation Director Jeannette Papadakis, “Just last week, one of my patients who has had prior miscarriages thought she was about to miscarry again. I was able to get her in for an ultrasound in an hour to get her checked out. She got the news immediately: Her baby is healthy! And instead of waiting and worrying, her fears were put to rest.”

This conversation took place near the time of a very special ribbon-cutting ceremony. In April, the Island Hospital Foundation had received \$150,000 from the Janice and Jerrel Barto Family Charitable Trust to help purchase a new ultrasound machine. In early August, the Bartos cut the ribbon to celebrate the installation of the important diagnostic instrument in its newly outfitted room.

Diagnostic Imaging Director Ray Ould CNMT expresses his gratitude this way: “This gift allows us to do many more same-day procedures. Before the addition of our third ultrasound room, referring physicians were often put in a tough spot when ordering these exams: Do they send the patient to the Emergency Department, where they will certainly get the care they need but, depending on the patient’s insurance, might incur some cost; or do they and their patients wait for the next available scheduled appointment, which has its own drawbacks? Having the third ultrasound unit allows far greater access and gives timely results to the referring physician,



The Bartos, Jerry (holding scissors) and Jan (to his left), celebrate the opening of the new ultrasound unit made possible by their donation. Joining them are Island Hospital CEO Vince Oliver (left), IHF Director Jeannette Papadakis (second from left) and IH Medical Staff, Foundation and Administration officials.

which helps them determine appropriate care for their patients without the either/or challenge.”

Ultrasound utilizes high-frequency sound waves that reflect off of the body’s structures and back to an ultrasound probe that has been placed on or near the area of interest. The sound waves are processed and generated by a computer in real-time, providing images for examining internal organs, tendons, muscles, joints and blood vessels. Utilizing sound waves instead of radiation – as used in x-rays and other diagnostic studies – make ultrasound the best for observing fetuses.

“Over the years, Island Hospital has taken such good care of us, my daughter and granddaughter,” said Jerry Barto. “And three of my great-grandchildren have been born here.”

“When we are able to help and do things for Island Hospital it makes us feel so good to know we are helping other people too,” Jan Barto added. “We hope others can do the same and realize how fortunate we are to have a very good hospital. From the doctors to nurses and staff, you know if something happens to you, you have a very good place to go to and be cared for.”



Jocelyn Palmer-Perry LICSW provides on-campus social work and counseling as part of the scholastic mental-health intervention program.

Anacortes Rotary Viva la Fiesta, Viva Rotary benefits mental health program

All are invited to enjoy south-of-the-border cuisine in a hangar at Anacortes Airport, Friday, Oct. 14. Along with food and beverages, the event will feature a live auction for bids on appealing experiences and items.

The Island Hospital Mental Health Intervention Program for Anacortes Schools-Social Worker Program is 100% funded through philanthropy and has been chosen as the beneficiary of this event.

Social Worker with IH Psychiatry and Behavioral Health, Jocelyn Palmer-Perry LICSW, provided a few real-life examples of students assisted by the Mental Health Intervention Program in 2015:

- A student who has been in and out of foster care and struggled to survive in a fami-

ly wracked by domestic violence and substance abuse.

- A student “thrown out” by his parents who was physically and emotionally neglected.
- A student with symptoms of depression and anxiety severe enough to cause serious suicidal thoughts.

These types of young people and families will continue to be helped through Anacortes Rotary’s Raise the Paddle auction event.

“Through generous local supporters, we can ensure our young people get this essential help through a program with proven results,” said Anacortes Rotary President Kevin Meenaghan.

The event begins at 5:30 p.m. and tickets are \$85 per person. Tickets are available online at www.vivalarotaryfiesta.com.

IHF welcomes 3 new Board members

Island Hospital Foundation welcomes three new members to its Board of Directors. The 15-member Board provides oversight and community representation for development of the Foundation's operations, strategy, fundraising events and contributions.

Chuck Flagg

With a long history of service to our community, Chuck Flagg brings nearly four decades of experience in corporate leadership and business development strategies to the IHF Board.



A 1975 graduate of Villanova University and with a degree in chemical engineering, Flagg enjoyed a 39-year career in the oil industry, working for Texaco, Shell and Tesoro, including a three-year assignment as manager of the Texaco refinery (now Shell) on March's Point. At retirement he was Senior Vice President of Strategy, Mergers and Acquisitions for Tesoro in San Antonio, TX. Flagg is currently a board member of Monroe Energy, a wholly owned subsidiary of Delta Airlines, with a refinery and related assets near Philadelphia, PA.

Chuck and Lyn, his wife of 39 years, have maintained a home in Anacortes since 1992. Their three children attended Anacortes High School before going on to college. They also have four grandchildren residing in various locations.

"Having lived in Anacortes for almost 25 years, I am keenly aware of the importance of having a medical facility that is readily accessible to Fidalgo Island and the San Juans," Flagg said. "I am looking forward to my years of service to the IHF."

Frank Jeretzky

Having worked in the banking field for more than 38 years, primarily in commercial lending, Frank Jeretzky brings to Island Hospital Foundation extensive financial experience, community involvement and commitment to those he serves. He joined SaviBank (formerly Business Bank) in 2010 and is currently Vice President and Manager of its Anacortes Loan Center, where he finds personal reward working within the community in which he lives.



Jeretzky and his wife Sharon moved to Anacortes in 1977 "to raise our family in a small town with a sense of community," he said. "One of the features that drew us to this town was the small, but respected hospital. Anacortes offers an amazing quality-of-life for its residents, and I would like to continue in that tradition by contributing to the future success of Island Hospital through the Foundation. I look forward to being a part of preserving and enriching our quality of healthcare for generations to come."

Don Schmude

Engineer and business executive for more than 48 years, Don Schmude ultimately served as president and CEO of Texaco's U.S. Refining and Marketing as well as corporate vice-president. He also served for 12 years as a board director for Tesoro Petroleum and five years as a Trustee for the University of Tulsa.



A chemical engineering graduate of the University of Michigan with graduate and management-development studies at Dartmouth, Pennsylvania State and the University of Pennsylvania, Don's business and management background provides business and operational skills to assist the IHF Board.

Schmude and his wife Alice first moved to Anacortes in 1961 as a result of a corporate transfer to Texaco's then-new refinery. Two years later, another transfer took them to Houston, TX. Both had grown to love Anacortes, however, and Schmude promised Alice to consider Anacortes when it came time for retirement.

Faithful to that promise, and having witnessed first-hand the quality of Island Hospital's services, care and growth, the couple built their retirement home on Fidalgo Island.

"Both Alice and I are highly appreciative of Island Hospital and consider it a very significant asset to our community," Schmude said. "I am pleased to now be a part of the hospital through the Foundation."

Golf Classic sets record

In August, 37 teams took to the links at the Skagit Golf & Country Club for the 15th annual Island Hospital Golf Classic. They vied in earnest to win on-course competitions – such as hole-in-one, the casino hole, longest drive, as well as closest-to-pin for the chance to drive a Porsche for a weekend. They placed bets on their golfing abilities and, along the way, contributed to one of Island Hospital Foundation's most successful fundraisers. Through sponsorships, a silent auction, raffle and mulligan sales, as well as the on-course competitions, the Golf Classic grossed proceeds of almost \$104,000 – a record high!

"This is a 6% increase in proceeds over last year's Golf Classic,"

said Island Hospital (IH) Foundation Director Jeannette Papadakis. As a not-for-profit hospital, we rely on community generosity to make possible many of our hospital's programs and services, many of which are unheard of in communities of our size."

Golf Classic funds benefit many results-oriented IH programs and services: the IH Resource Center, free and low-cost community health screenings, the award-winning Mental Health Intervention partnership with the Anacortes School District and programs such as medical-relief grants for patients in need.

"On behalf of the Island Hospital

continued on Page 21

Golfer Brock Hochsprung (right) shows off the Vince Oliver Cup that his Swinomish Casino & Lodge foursome won at the Island Hospital Golf Classic, as the Cup's namesake holds the perpetual plaque that resides at the hospital.



2016 Golf Classic Winners

1st Place (Low-gross winner of the Vince Oliver Cup)

Swinomish Casino & Lodge

Brian Cladoosby Rudy Edwards
Brock Hochsprung Leon John

1st Place (Low net)

Intalere

Mark Creed Ken Freeman
David Hardy Randy Lindemeier



The Island Hospital Auxiliary gathered in June for its year-ending party at Cap Sante Marina to enjoy great weather and a “floating fiesta”. The Port of Anacortes donated the use of an activity float for the event.

Auxiliary adds spice to summer send-off luncheon

On the first Monday of each month, September through June, Island Hospital Auxiliary members gather for their luncheon meeting, which often includes an invited speaker or special presentation prior to getting down to business.

This normally occurs in the hospital’s Burrows Room, beginning at 11:30 a.m., but the June luncheon is something special. It’s a time to celebrate the Auxiliary’s successful fundraising projects completed during the previous year, and the passing of the gavel and installation of new officers who will help guide the group during the ensuing year.

On June 6, the Auxiliary met at Cap Sante Marina and boarded an activity float which had been graciously donated by the Port of Anacortes – with special thanks to Dan Worra.

“It was a floating fiesta!” said Auxiliary Chair Betty-Anne Ely.

The event was organized by member Jeri Liggitt, who provided the Mexican theme, menu and festive décor that created an ideal atmosphere for acknowledging the success of the Auxiliary’s projects that, in the past year, allowed them to donate \$5,300 to the hospital for the purchase of eight new over-bed tables as well as continue their support of programs that, through Island Hospital, help to elevate and maintain the community’s quality-of-life. They also celebrated an amazing 40% increase in membership.

A few of the many programs supported by the Auxiliary are:

- Providing Lifeline services for those unable to pay
- Donations of pre-natal books and community education materials
- Memory boxes for the unfortunate families who have lost a baby
- Hand-made, heart-shaped pillows for every breast cancer patient that aid in comfort following surgery or other procedures
- The overwhelming successful Vial of Life program (see article, page 22).

Auxiliary officers installed for the coming year are Betty-Anne Ely, Chairperson; Kathy Morgan, Vice Chairperson; Joan Fossum, Secretary; Karen Toedte, Treasurer and Jeri Liggitt, Member at Large.

The Auxiliary’s annual Miniature Christmas Tree Sale will be held at the hospital Friday, Nov. 18, from 8 a.m. to noon. Theme trees – such as “Seahawks”, “WSU” and “UW” – will be more plentiful this year (having sold out in 15 minutes last year). The Auxiliary is sincerely grateful to Matt Henery of Sebo’s Hardware & Rental for donating the miniature trees that Auxiliary members decorate for the sale.

Anyone interested in learning more about the Auxiliary is encouraged to attend a meeting, or call Betty-Anne Ely (360) 840-3038 or Kathy Morgan (360) 293-8393.

Remembering

Gifts received January 1
through September 9, 2016

GUARDIAN ANGELS:

Deniece Ballenger	Carie MacKenzie
Susan Butler, RN	Anne Pliska
Kathy Crawford, RN	Lesley Skarosi, PT
Ruth LeBrun, RN	

IN HONOR OF:

Jerry & Shirley Hein’s 50th Anniversary
Densley Palmer
Patients of the Merle Cancer Care Center
Project Lifeline Volunteers
Team Sadie – Anacortes Cancer Walk

IN MEMORY OF:

Kody Anderson	Darryl “Butch” Paulsen
Karen Bishop	Ida Persons
Barnel Bragg	Les Petrin
Lielanie Carabba	Dr. Raymond Pinson
Kelly Carrion	Vito Ruzich
Allea Wayne Derting	Jack Smith
Nils Forsman	Richard Smith
Dennis J. Heggem	Tina Soes
Gerry Kelsch	Robin Swain
Thomas & Cora Lewis	Harold Warren
Kevin T. Murphy	Elaine Zittle

To remember or honor someone with a donation, please make check payable to “Island Hospital Foundation” and mail to: 1211 24th St., Anacortes, WA 98221

Info: (360) 299-4201

GOLF *continued from page 20*

Foundation,” said Papadakis, “I wish to extend our gratitude to all who made this year’s event such a rousing success: the Skagit Golf & Country Club, over 34 sponsors and many more donors and contributors, our tireless volunteers – and, of course, the golfers themselves.”

IH Auxiliary brings Vial of Life to our community

Thanks to the efforts of the Island Hospital Auxiliary, Anacortes residents now have free access to the Vial of Life program which provides emergency responders with critical medical information that helps them provide appropriate and timely treatment.

Vial of Life is a nationwide program attributed with saving countless lives. Each Vial of Life kit is self-contained and includes a vial, instructions, two decals, a medical information form and a Physicians Orders for Life-Sustaining Treatment (POLST) form. Individuals are encouraged to include any advance directives they might choose, a current medication list and list of known allergies.

Support for this program has been provided by Anacortes Printing, Anacortes Windermere Real Estate agents, Island Hospital Medical Staff, Walgreens and Westward Design.

Where to get your Vial of Life

You may pick up your free Vial of Life kit from any of the following:

- Anacortes Fire Department
- Anacortes Senior Activity Center
- Island Hospital Health Resource Center
- Anacortes Windermere Real Estate



For more information about the Vial of Life program, please contact Sharon Swan, Anacortes Fire Department, (360) 293-1925; or Betty-Anne Ely, Island Hospital Auxiliary, (360) 840-3038.

Girl Scouts make special delivery to IH



After a successful cookie-sales campaign, Girl Scout Troop 45070 selected Island Hospital employees to receive several cases of the popular treats. Each year, Girl Scouts are allowed a certain amount to give in recognition of community service to a local organization. Making the presentation and taking a tour of the hospital were (from left) Rebecca Miller, Jasmine Steward, Meghan Sanchez, Iris Kotal, Maisie Hill, Kyann Arendse and Delaney Hurlimann. Leaders of the group (not in photo) are Michelle Miller and Margaret Kotal.

HONORS *continued from page 6*

Management Leadership Award

- Leading Organizational Goals Setting with administration and managers.

“Carolyn’s passion for recruitment and training is foundational for Island Hospital,” Oliver said in his remarks. “She has brought our organization to a higher level with her vision and exemplary work ethic. Her professionalism and sincerity are always on display in every interaction she has with employees, even in difficult situations. Carolyn has the keen ability to get to the root of the issues but always maintains a sense of humor to keep things in perspective. Even with her busy daily schedule, Carolyn is always willing to make time to support and mentor managers and staff. Her calm and compassionate demeanor makes her an amazing mentor and colleague. We are truly lucky to have Carolyn Pape as part of our Leadership Team.”

“It is a privilege to be recognized in this way by such a special organization,” Pape said of her award. “Island Hospital lives its Promise to our patients by recruiting and retaining an exceptional group of employees committed to each patient’s personal healthcare experience. I am so grateful to be a part of it!”

Employee of the Year

(see article, Spring/Summer edition of *Heartbeats Magazine*, p.2, found online at www.islandhospital.org/publications).

Acknowledging Akland’s role in the Patient Progress Tracker project, IH CEO Vince Oliver said, “This would not have happened without the hours of work Nancy put into designing, building and creating the program. She encouraged and kept the team motivated to complete this enormous project. This project provided a clear picture and insight into the depth of her skills and dedication to Island Hospital.”

Akland’s dedication to the hospital, its patients and its Promise is evidenced in her service as lead in both the Outpatient Department and Post-Anesthesia Care Unit (OPD/PACU). She is described by former Director of Surgical Services Steve Burton, as “an invaluable member to the OPD/PACU team.”

“Being honored as Island Hospital’s Employee of the Year has been humbling,” Akland said. “I’ve always felt fortunate to work with such great people on the hospital staff and in our exceptional community.”

PAPE *continued from page 2*

cated employees who daily strive to provide the best possible experience for our patients. By creating this new CHRO role, Island Hospital has increased its focus on how to effectively lead this complex workforce as well as stress the importance of enhancing the organization’s ability to attract and retain healthcare talent. It is exciting to begin laying the foundation that integrates HR in the strategic planning process for our organization and establish priorities that incorporate our values and delivery of the Promise in our service to the community.”

IH CEO Vince Oliver stated in his memo announcing Pape’s promotion and consequential organizational change, “As our hospital workforce [has expanded] to meet today’s healthcare demands, it became evident that we needed to focus more of our energy on workforce development and training. [Pape’s new role] will enhance our effectiveness as a high-quality employer and ensure our place as an ‘employer of choice’ in our region.”

Finance Dept monitors, controls hospital finances

The Finance Department at Island Hospital plays a very key role with, and has major impact on virtually every department in the organization. Finance is responsible for everything from bookkeeping to providing key information and advice on strategic decisions.

Finance monitors and controls hospital finances, including tracking all transactions and management of government reporting. At Island Hospital the department handles:

- Accounts payable
- Accounts receivable
- Payroll
- Budget monitoring
- Financial reporting
- Annual budget
- Ongoing department accounting

The four-person Finance Department includes Director/Controller Cindy Anderson CPA, CMA; Staff Accountant Deb Larsen; and Accounts Payable/Payroll Specialists Deniece Ballenger and Eric Wildman.

“We are a small department that oversees



The Finance Department includes (from left) Staff Accountant Deb Larsen, Accounts Payable/Payroll Specialists Eric Wildman and Deniece Ballenger and Director/Controller Cindy Anderson.

finances of a large operation, considering we have the hospital, clinics and more than 700 employees,” said Anderson. “Costs for our capital equipment, facilities, maintenance, supplies and other operations must all be monitored to ensure we appropriately manage expenses.”

Being a public hospital district also adds a

layer of state-government oversight to the job.

“The Finance Department has been outstanding for accounting accuracy and reporting,” said IH Chief Financial Officer Elise Cutter. “We have performed well in all of our audits, which is especially important when you’re trusted with tax revenues.”

Wound Care earns 2 national awards

The Wound Care & Hyperbaric Medicine Center at Island Hospital was notified in mid-June that it was a recipient of two RestorixHealth Center national awards: Clinical Distinction and Excellence in Patient Satisfaction. RestorixHealth has approximately 120 centers nationwide, and less than 15% of the centers won both awards.

The Clinical Distinction Award recognizes centers that have demonstrated exceptional success by meeting or exceeding clinical and safety benchmarks over a three-month period. The awards criteria, benchmarks and Island Hospital’s scores are shown below.

Criteria	Benchmark Goal	Island Hospital Score
Days To Heal	35 median	22 days
Healing %	88%	97.2
Patient Safety	98%	Exceeded

The Excellence in Patient Satisfaction Award recognizes centers that have demonstrated exceptional success by meeting or exceeding patient satisfaction benchmarks over a three-month period. Its benchmark goal is 95.5%; Island Hospital scored 98.1%

“We are proud to be a part of the small group of wound-care centers nationwide to have won these awards in the first quarter they became available,” says Program Director Tony Markey. “The Clinical Distinction Award recognizes the passion we have to help our patients heal. The Patient Satisfaction Excellence Award is a testament to the fact that our patients are involved as active participants in the healing process. Island Hospital has also been recognized by the state for its excellent outcomes, and we hope to continue that tradition of high-quality care.”

“In receiving these awards,” Markey adds, “I would like to congratulate our many patients whose healing success and continued trust in our care is our first reward.”

The Wound Care & Hyperbaric Medicine Center at Island Hospital is located in the Medical Arts Pavilion on the east side of the Island Hospital campus. For more information call (360) 899-4600.

A graphic for the Shake Out earthquake preparedness campaign. It features the text "Get Ready to Shake Out." in large blue and orange letters. Below the text are three icons: a person dropping, a person covering, and a person holding on, with the words "DROP!", "COVER!", and "HOLD ON!" underneath. To the right is the "Shake Out" logo. At the bottom, it says "October 20, 10:20 a.m." and "Register at www.ShakeOut.org". The entire graphic is enclosed in an orange border.

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