



ISLAND HOSPITAL

Fall 2017

Heartbeats

Magazine



Pediatrician Joins

Fidalgo Medical Associates

Health Screening

finds cancer early

Headache Specialist

now at Island

Immunizations

for children are vital

Commissioner Message

Our M&O levy increase passes, now what?

by Paul H. Maughan PhD

President, Island Hospital Board of Commissioners



The passage of the recent ballot measure for a 31-cent increase to the Island Hospital maintenance and operations (M&O) levy gives Island Hospital the ability to fund critical ongoing capital projects and those that will begin next year. While the Board of Commissioners appreciates the vote of confidence in the Hospital by passing the measure, we are aware that it was a very close vote.

We are sensitive to, and fully understand those who voted against the levy increase. As a publicly elected board, we take seriously the responsibility inherent in collecting and spending tax dollars. We will do all we can to ensure that our district residents – the owners of Island Hospital – are aware of and have access to financial information, especially our capital expenditures.

This message offers a summary of four major projects in progress and two more scheduled to begin in 2018.

At this time, we are implementing our new electronic medical-record system (EMR). Last year, hospital staff led by the Administration and the Information Systems Department, carried out an exhaustive evaluation process examining more than a dozen EMRs. We are confident that we have found the best system for Island Hospital. The Meditech 6.16, at a cost of \$12 million, was determined to be the right fit at an acceptable cost, offering the features necessary to meet the latest government standards. The new EMR will be ready for use by mid-2018.

The hospital has three major facility projects underway now, at a total cost of \$2.4 million:

Complete changeover to LEDs for all interior and exterior lighting, which is much safer and uses less energy for the same illumination and is environmentally friendly. This project is being paid in part, with capital funds set aside over the past few years and will save energy and maintenance.

Installation of two 98%-efficient boilers to provide hot water for heating throughout the facility. These systems were overdue for replacement and new units will be much less expensive to maintain.

Installation of a new HVAC (heating, ventilation, air-conditioning) system for Surgical Services. This involves replacing one large fan with a “wall” of six smaller fans. This provides redundancy for the surgical suites air-conditioning requirements and minimizes the risk of surgery losing the entire system if there is a problem with part of it.

In 2018, \$4.8 million will be spent on a new roof, ceilings and seven HVAC systems for the entire 1962 building, encompassing 48,000 square feet. These HVAC systems are very efficient and will use far less energy than the current ones.

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Jason Hogge MD begins term as IH Chief of Staff

Jason Hogge MD recently began his two-year term as Island Hospital's (IH) Chief of Staff and anticipates a smooth transition. Dr. Hogge says it is an exciting time to be involved at Island Hospital as a number of significant initiatives are underway. A continued area of focus for the Medical Staff includes maintaining Island Hospital as a great place for physicians to work and our community's residents to obtain health-care while maintaining the hospital's economic health. This is becoming more challenging considering possible substantial changes in healthcare reimbursement and the implementation of a new electronic medical records (EMR) system.

As “middle-man,” Dr. Hogge serves as liaison between the medical staff (comprising approximately 140 physicians and allied health professionals) and hospital administration. This is a role for which Dr. Hogge is well suited. Since joining IH and Fidalgo Medical Associates (FMA) 11 years ago, he has served on many of the hospital committees. He is former Chair of the Credentials Committee and has, for the past three years, served as Chief of Staff-elect.

“I love what I do and where I work,” Dr. Hogge stated. “I share this sentiment with my colleagues who work at Island hospital. The medical staff cannot overstate the deep gratitude we feel for the tremendous support we enjoy – from the nurses, employees and ancillary staff to our community, Volunteers, Board of Commissioners, Administration and Foundation. We feel fortunate to work here, and the result of these positive relationships is also why patients choose to stay here. It's also why our hospital and clinics are able to recruit and maintain such high-caliber providers.”

Dr. Hogge sees some challenges ahead. “There are many federal-based challenges facing medicine which can significantly affect our community hospital,” he said. “As hospitals become part of larger health sys-

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Dr. Jason Hogge (right) shows how to place a cast to University of Washington medical students Katrina Stime (left) and Mindy Chua.



As I See It...

By Vince Oliver, IH Chief Executive Officer

Independent, autonomous, exclusive

I'd like to start this message with my sincere appreciation for our hospital-district voters' approval to raise our maintenance and operations levy in the August election. These additional funds will enable Island Hospital to undertake a range of capital projects necessary to maintain the excellent facilities and services our community has invested in for 55 years.

It was during the recent education campaign for the maintenance and operations levy measure that I often was asked about Island Hospital remaining independent, which the majority of our community prefers. I hesitate to use the word independent because we do, and will work with any healthcare organization that can help us provide services that otherwise, due to limited resources, we could not offer. The word autonomous does well to define us as locally controlled but open to working with any organization that can help us serve our community's medical care.

Often we find a need in our community that the hospital district cannot afford to provide alone. An example of this is the Wound Care & Hyperbaric Medicine Center at Island Hospital. Therefore we work with an organization, such as Restorix in the area of wound care that brings this service to Island Hospital at a lower financial risk for the district. It is for this reason we work with Skagit Regional Health (SRH) to provide specialty care such as cardiology on the Island Hospital campus. We also have worked with SRH to recruit physicians to our area.

In addition, we are a member organization of the University of Washington Accountable Care Network. An accountable care network (ACN) – also referred to as an accountable care organization – involves groups of hospitals, physicians and other healthcare providers coming together to provide high-quality, cost-effective services to specific populations with the goal of lowering cost and improving results.

All being said, I believe nonexclusive to be the best word to describe our strategy embracing cooperation while maintaining local control. By this I mean that we work with other organizations to enhance our care, but are not bound to a single larger organization. This has been very effective for us as illustrated by our relationships with Restorix, SRH and the University of Washington. This way Island Hospital retains the flexibility to meet the changing medical needs of our district in a timely fashion. However, this requires Island Hospital to develop and sustain the revenue necessary (for facilities, staff and equipment) to maintain local control.

Whether termed independent, autonomous or nonexclusive, the Board of Commissioners and residents of our district have been very clear that they would prefer Island Hospital to retain local control and reflect our community's needs and values.

I always encourage your comments, concerns and suggestions. Feel free to contact me directly at voliver@islandhospital.org or at (360) 299-1327.

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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

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POSITION 2

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POSITION 3

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(President)

POSITION 4

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Heartbeats

is published by the Community Relations/
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High-Quality Medical Care NOW!

OPEN EVERY DAY!

MONDAY-SATURDAY 8am - 8pm **360-299-4211**
Sunday 9am - 5pm, Holidays 9am - 3pm

THE WALK-IN CLINIC
AT ISLAND HOSPITAL

2511 M Ave., Ste. B, Anacortes
We accept most insurance plans.

Our Promise

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

Screening decreases risk of dying from breast cancer by 30%

by **Chris Johansen MD**
IH Head of Breast Imaging

October is here, and with it many pink-themed advertisements and events will meet us at every turn. While enjoying all of the events with friends and neighbors, it is important to reflect on why we devote an entire month to breast-cancer awareness and screening.

As breast cancer is the most common cancer in women, nearly everyone knows someone who has been affected. Roughly one in eight women will be diagnosed with breast cancer. When caught early, before the disease is palpable, cure rates are very high and do not require chemotherapy or even a night in the hospital for most women. When

the cancer is more advanced, or even physically palpable, treatment is still possible, but cure rates decline even with the use of chemotherapy. Screening mammography is proven the most effective method for finding early, more easily treated breast cancer.

Screening mammography uses very low-dose X-rays to find masses and distortion in the breast which can represent early breast cancer. Through years of testing and trials which together involved over one million women and spanned decades, screening mammography has been shown to save lives by detecting breast cancers when they are small and more easily treated. These trials have shown that screening mammography decreases the risk of dying from breast cancer by at least 30%. No other intervention even comes close to saving as many lives from breast cancer as screening mammography.

There are various guidelines suggesting when women should start screening and how often they should screen, but all medical groups agree that screening saves lives. Although the risk for breast cancer increases with age, younger women are at risk: One in six breast cancers occur in women age 40-49. Although any level of screening is better than none, it is estimated that screening every other year will miss up to 30% of cancers relative to annual screening. The American College of Radiology recommends an annual screening mammogram beginning at age 40, and these are the guidelines nearly all insurance companies follow. The majority of insurance plans will cover screening mammography due to its exceptional preventative health value.

As you enjoy all the events that October will bring, please remember: Breast cancer is the most common cancer in women, and screening mammography is proven to be the most effective method for detecting cancer for early treatment. If you are a woman over the age of 40, be sure to schedule your mammogram and encourage your friends to do the same.

To schedule your mammogram at Island Hospital, call the Diagnostic Imaging at (360) 299-4288.

5 reasons
YOU
should get a
mammogram

1 in 69
The ten-year risk for breast cancer in a 40 year old woman is 1 in 69.

1 in 6
1 in 6 breast cancers occur in women aged 40—49.

40%
Mammography has helped reduce breast cancer mortality in the U.S. by nearly 40% since 1990.

3/4
3/4 of women diagnosed with breast cancer have no family history of the disease and are not considered high risk.

30%
Even for women 50+, skipping a mammogram every other year would miss up to 30% of cancers.

Chris Johansen MD

Chris Johansen MD recently joined Skagit Radiology and was named Head of Breast Imaging for Island Hospital, where his work is based.



Dr. Johansen earned his Doctor of Medicine degree from the University of Minnesota-Minneapolis School of Medicine in 2004. He interned at Deaconess Hospital, Spokane, WA, and fulfilled his diagnostic-radiology residency in 2010 at the Mayo Clinic Graduate School of Medicine, Rochester, MN, where he served as Chief Resident of the Mayo Radiology Program from 2007-09. He was awarded a Breast Imaging fellowship at Massachusetts General Hospital, Boston, which he completed in 2011.

Following seven years as Director of Breast Imaging at Kingman Regional Medical Center, AZ, Dr. Johansen came to Skagit Radiology and Island Hospital.

Dr. Johansen has presented to the Radiologic Society of North America and American Hospital Association, and his articles have appeared in several medical trade publications. He is a member of the American Board of Radiology and the Society of Breast Imagers to the American College of Radiology.

Experience proves value of health screenings

Each year, Island Hospital offers colorectal-cancer screening to the community as part of its community health-education program. This is a hemocult SENSE test, which is more sensitive than a fecal occult blood test (FOBT) and is a preferred method for detecting fecal occult blood which may be indicative of gastrointestinal disease. Not solely a test for colorectal cancer or any other specific disease, results can detect problems of which you may not be aware. Take, for example, the experience of Anacortes resident, Joy Walter. Here is her personal account of the screening she participated in that is offered at Anacortes Family Medicine each year.

I was shocked.

I am fortunate to have picked up a stool-sampling kit and submitted it in the spring of 2016. Feeling healthy, I had no reason to see my beloved primary-care physician. It has been my habit to always look into the toilet bowl after a bowel movement for signs of blood or blackened stools. I've always thought



Joy Walter and husband Gary show off some of the genealogy boards she creates.

that it's smart to go to health fairs and participate in local screenings to monitor one's health.

I was shocked to learn that blood, not seen by the naked eye, had been detected in my stool. Blood was also found in my husband's stool. We both made appointments and had further tests. He had a duodenal ulcer. Mine was an esophageal ulcer PLUS stomach cancer!

Stomach surgery was performed and a small, pie-shaped section was cut out. The cancer was completely removed with clean margins. I am now cancer-free.

The Community Education program at Island Hospital offers this test kit every year. This year, my husband and I picked up our kits. Fortunately, no blood was detected in our stools this time. Although inconvenient – that is, it's not just an in and out; you have to take the kit home and follow the directions – the would-be inconvenience is nothing when compared to maybe saving your life. Just follow the directions. That's important: Follow the directions.

I highly recommend that everyone take advantage of this service. I have a lot of friends who go for the blood screening for cholesterol & glucose but don't pick up this free kit. According to the statistics, very few residents actually take part in this opportunity. Please do yourself a favor and participate in this potentially life-saving test!

The next Colon Cancer Screening date will be advertised in the winter edition of Heartbeats. For questions about screenings, classes and other activities call Island Hospital Health Education at (360) 299-1309.

Better Nights = Better Days

Symptoms of sleep disorders include:

- snoring or gasping for air
- morning headaches
- memory problems
- loss of concentration
- vehicular accidents

Studies show that more than 50 million Americans experience some level of sleep deprivation.

WE CAN HELP!

360.299.8676 FOR INFO OR APPOINTMENT

Lack of sleep can increase risk for:

- heart disease
- diabetes
- obesity
- depression
- stroke
- dementia



**ISLAND HOSPITAL
SLEEP WELLNESS
CENTER**

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HCA Center of
Excellence/Preferred
Provider



www.islandhospital.org/sleepwellnesscenter

Tammy Akard RRT, CPFT named Manager, Respiratory Care Services



After serving as Interim Manager since 2016, Tammy Akard RRT, CPFT was recently promoted to Manager of Respiratory Care Services. In this role, she is responsible for maintaining stan-

dards of patient care and advising medical staff and administrators in matters related to respiratory care.

Akard was hired as a staff respiratory therapist in 2007 and was promoted to Lead Therapist in 2012. She became nationally certified as a pulmonary-function technologist and worked in the Pulmonary Function Lab from 2014-2016.

In announcing the promotion, Chief Patient Care Executive Denise Jones RN, MN

said of Akard, "She has demonstrated her ability to lead Respiratory Services during her time as Interim Manager not once, but twice. Tammy has proven herself many times over, so I am delighted to have her step into a permanent role as Respiratory Manager."

"It is an exciting time to be a respiratory therapist," Akard said. "The broadening scope of respiratory care, advances in technology and evidence-based practices are making a difference in the lives and care of our patients. Our respiratory team is amazingly talented, dedicated, skilled and team-oriented. They are committed to Island Hospital's mission to provide quality, compassionate and personalized healthcare and they stand by the Island Hospital Promise: to place the patient's medical and emotional needs first and foremost."

SNO welcomes Shannan O'Brien PA-C



Shannan O'Brien PA-C has joined Skagit Northwest Orthopedics (SNO), bringing seven years' hands-on medical experience, including four years as a licensed nursing assistant before earning certification as a physician assistant.

O'Brien graduated cum laude from the University of New Hampshire in Durham with a BS in Medical Laboratory Science, where she also earned membership in the premedical honor society, Alpha Epsilon Delta. In December of 2016, she earned her Master of Physician Assistant Studies with

honors from MCPHS University, Manchester, NH. There, she was a member of the Student Academy of AAPA Board managing the Physician Assistant Admissions Committee.

While earning her Master's degree, she completed nine clinical rotations that furthered her skills and experience in providing primary care as well as surgical, emergency, pediatric, oncologic, gynecologic and orthopedic care.

"I am excited to join SNO and be a part of the community's active and healthy lifestyle," O'Brien said. "I love working with patients and providing compassionate care."

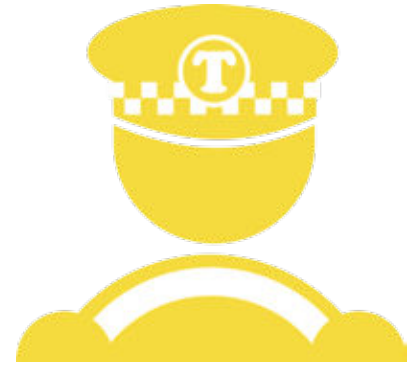
Skagit Northwest Orthopedics has offices in Anacortes and Mount Vernon. For appointments call (360) 424-7041.

M & O LEVY continued from Page 2

Now hospital managers are working on setting priorities for all capital expenditure for medical equipment, facility renovation and other needs. Near the top of this list are a new MRI (magnetic resonance imaging) unit that will cost \$2 million and 3D mammography system costing \$550,000.

With the passing of the M&O levy increase, we now move forward with added optimism as we prepare to develop our capital budget for 2018 and beyond. We now can upgrade and maintain our older facilities and purchase the medical technology to continue to be one of the top hospitals in Washington State.

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



FREE taxi service for San Juan County patients

Patients who live in San Juan County can receive free round-trip taxi service when obtaining medical services from Island Hospital or a hospital-operated clinic.

Eligible Hospital Services

- Birth Center
- Cancer Care Center
- Cardiopulmonary Rehabilitation
- Diagnostic Imaging
- Emergency Services
- Laboratory Services
- Physical, Occupational & Speech Therapy
- Psychiatry & Behavioral Health
- Respiratory Therapy
- Surgery Center
- Wound Care & Hyperbaric Medicine

Eligible Clinics & Off-Campus Services

- Anacortes Family Medicine
- Center for Pain Management
- Fidalgo Medical Associates
- Island Surgeons
- Island Hospital Sleep Wellness Center
- Skagit Regional Clinics – Cardiology
- Skagit Regional Clinics – Urology
- The Walk-In Clinic at Island Hospital

How to reserve free taxi service

Those who wish to use this service need only call Mert's Taxi, (360) 708-6358, the day prior to your appointment and arrange to be met upon arrival at the ferry terminal.

Questions? Call (360) 299-1310.

FMA welcomes Pediatrician Brandon Greene MD, FAAP

Brandon Greene MD, FAAP recently joined Fidalgo Medical Associates (FMA), where he provides compassionate, evidence-based pediatric care.



After earning his Bachelor degrees in Information Technology and Philosophy at the University of Texas at Austin (UT-A), he worked as a technology consultant for several years before turning his attention toward a career in medicine. Following premedical training at Bryn Mawr College, PA, he conducted clinical research at the University of Pennsylvania, obtained his Doctor of Medicine degree from Cornell University Medical School in 2012, and in 2015 completed his residency training at Comer Children's Hospital, University of

Chicago Hospitals, where he was employed as Clinical Associate, Department of Pediatrics until joining FMA.

Dr. Greene's academic excellence was rewarded at UT-A with the Deadman Merit Full Tuition Scholarship. He was a National Merit Finalist and was inducted into the Golden Key National Honor Society, Beta Gamma Sigma Honor Society and Phi Beta Kappa Honor Society. While at Cornell University, he received the New York City Mayor's Office Health Literacy Fellowship and was winner of Best Poster Presentation, 2012 Annual Research Symposium.

"I see my place in the family/doctor relationship first and foremost as an advocate for the child and for the family," he says. "Then, as a collaborator and mentor to the parents (and to the patient as they get older). Next as a teacher, and only after –

and hopefully as a last resort – as a healer.

"My approach is grounded in careful and respectful listening – bringing the empathy and compassion to my practice that attracted me to medicine in the first place. My approach as a healer is evidence-based, and I believe that taking all the time needed to share with parents the 'why' and 'how' in addition to the 'what' is critical to ensure the best outcomes for their children."

Dr. Greene is a Fellow of American Academy of Pediatrics (FAAP) and participates in the American Academy of Pediatrics (AAP) Council on Clinical Information Technology as well as the AAP Section on Telehealth Care.

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

Karen Goodman MSN, ARNP

Bringing more than four decades' nursing experience, Karen Goodman MSN, ARNP has joined Island Family Physicians (IFP), where she works in family medicine with a particular interest in women's health.



Services at North Valley Hospital, Whitefish, MT; Cape Coral Hospital, FL; and Skagit Valley Hospital, Mount Vernon; Goodman worked for 18 years as ARNP at Lynden

Family Medicine, WA, before joining IFP.

Goodman received her Bachelor of Science in Nursing from Southern Illinois University Edwardsville, IL, in 1975 and her Masters in Nursing, Advanced Registered Nurse Practitioner (ARNP) from Seattle Pacific University, WA.

She began her nursing career as a registered nurse at St. Elizabeth Hospital, Granite City, IL. A retired Lieutenant Colonel of the Army Nurse Corps, Goodman served as an operating room nurse on active duty from 1977 to 1987. She served in the Army Reserves from 1987 to 2005 and was deployed in 2002.

Formerly Director of Surgical

"I focus on communicating with my patients and working in collaboration with them to achieve or maintain the best state of health possible," Goodman said. "I am excited to be a part of IFP and the Anacortes medical community as I enter this next chapter in my career."

Goodman lives in Mount Vernon with her husband. She enjoys gardening, cooking and spending time with her grandchildren.

Island Family Physicians is located at 2500 M Ave., Suite A, Anacortes. For appointments with Karen Goodman MSN, ARNP, call (360) 293-9813.

Dr. Linda Newman-Kennedy earns ACE for continued training



Linda Newman-Kennedy Ph.D., CCC-SLP, has been granted an Award for Continuing Education (ACE) by the American Speech Language Hearing Association. The ACE recognizes professionals who have earned 70 continuing education hours within a 36-month period.

As a Speech-Language Pathologist, Newman-Kennedy provides inpatient and outpatient evaluations and therapies at Physical, Occupational & Speech Therapy at Island Hospital. In private practice in Skagit Valley since 1992, she joined Island Hospital in 2016, where she specializes in treating children with autism and developmental delays, and adult patients suffering with stroke, dementia and voice disorders. She is also a member of the World Professional Association for Transgender Health (WPATH), providing voice and communication therapy for transsexual, transgender and gender-nonconforming people.

"Even after 25 years of practice, it is so important to continually learn new processes and best practices," Dr. Newman-Kennedy says of her ACE accomplishment. "There have been and continue to be tremendous advancements in the field of speech and language to diagnose and treat potential disorders."

Jacynda Wheeler DO joins Psychiatry & Behavioral Health at Island Hospital

Psychiatrist Jacynda Wheeler DO has joined the team of mental-health professionals at Psychiatry & Behavioral Health who are committed to providing high-quality, compassionate and personalized care.



Dr. Wheeler received her Bachelor's Degree in Biology, graduating cum laude, from the University of Washington (UW), Seattle, in 2005. In preparation for future studies, she worked with the UW Sports Medicine Department as Student Intern and then Physician Liaison in the athletic training room, then as Medical Assistant for UW team physicians. During medical school at

Pacific Northwest University, she served as a tutor for the anatomy course, and worked to establish a 5K run partnering with the community and medical school.

"My osteopathic training emphasized a whole-person approach to medicine, which is invaluable in psychiatry," Dr. Wheeler said. "My approach is to join a person in their journey and work together to improve health and wellness by addressing barriers and highlighting strengths. I find that using a variety of tools is helpful, including psychotherapy, medications and lifestyle changes."

In 2013, Dr. Wheeler began her postgraduate training with a psychiatry internship at the University of New Mexico, Albuquerque. She completed her residency at UW and, for

the last year, served simultaneously as the Psychiatry Chief Resident at the Veterans Administration Puget Sound Health Care System. She participated in the integrated-care track to receive training in UW's Collaborative Care model, which partners with primary care to improve access to quality mental healthcare.

Dr. Wheeler is a member of the International Society for Sports Psychiatry, American Psychiatric Association and the Washington State Psychiatric Association.

For information or appointments, call Psychiatry & Behavioral Health at (360) 299-4297, located in the Medical Office Building, 2511 M Avenue, Suite G, Anacortes.

Island Internal Medicine adds provider, manager

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

Kimberly Ferguson BSM, MPAS, PA-C joins IIM



Island Internal Medicine (IIM) has welcomed Kimberly Ferguson BSM, MPAS, PA-C to its staff of providers.

Ferguson's journey into medicine began in 1981, when she earned certifications as a natural-health educator and massage therapist from Heartwood College for the Healing Arts, Santa Cruz, CA. The following year, she earned certification as a midwife, and for 25 years she worked as both a midwife and midwifery educator. From 1991 to 2007 she owned and operated a licensed midwifery practice in California. She completed her Bachelor's degree from Midwives College of Utah, and then went on to earn a Master's Degree in Physician Assistant Studies from Rocky Mountain College, Billings, MT, in 2010. That same year, medical missions took her to Haiti during its cholera outbreak and to Ethiopia, where she provided pediatric medical care to children living with HIV/AIDS.

As a physician assistant, Ferguson has worked as a primary-care provider at Family Medical Center, Walla Walla, WA, and at the North Whidbey Community Clinic, Oak Harbor, WA. She recently earned Advanced Practitioner Certification in Oncology from American Society of Clinical Oncology and has, since then, been working in a gynecology-oncology sub-specialty for Pacific Gynecology Specialists at the Swedish Cancer Institute, Seattle.

Board certified by the National Commission on the Certification of Physician Assistants, Ferguson provides primary medical care for patients with both acute and chronic health concerns. She enjoys working with patients on preventative and integrative healthcare with special interests in women's healthcare, chronic-disease management, functional medicine and cancer-survivorship issues.

Ferguson is a member of the American Academy of Physician

Assistants, Washington Association of Physician Assistants, Physician Assistants for Tomorrow, Association of Physician Assistants in Oncology and the Institute for Functional Medicine.



Olivia Fisher joins IIM as Clinic Manager

A resident of Anacortes for more than 20 years, Olivia Fisher is excited to join the Island Internal Medicine (IIM) and La Conner Medical Center (LCMC) team and looks forward to serving the community she loves as Clinic Manager.

Fisher earned her Bachelor's degree at Central Washington University, Ellensburg, and worked as Assistant Branch Manager for Peoples Bank, Anacortes, for seven years before becoming Reception/Medical Records Supervisor for North Cascade Family Physicians, Mount Vernon. She most recently worked as Clinic Supervisor II, Women's Care, at WhidbeyHealth Medical Center, serving its locations in Coupeville and Freeland.

Known by many through her community involvement, she was an establishing board member of the Anacortes Family Center, is a past president of Fidalgo Island Rotary and is the founder and president of the Anacortes Stadium Project.

"I'm so happy about my workplace being in the town I love," Fisher said, "and I'm even happier about my role at IIM/LCMC, where I hope to further empower our staff by involving them in the growth and direction of the organization. I believe great customer service is at the core of any successful practice. I am proud to be a part of IIM/LCMC's outstanding team as we work to provide excellent care to family, neighbors and community."

Island Internal Medicine is located at 912 32nd St., Anacortes, and La Conner Medical Center at 528 Myrtle St., La Conner. For appointments call IIM at (360) 293-4343 or LCMC at (360) 466-3136.

Having the conversation that counts

by **Dana Brothers**

Hospice of the Northwest Outreach & Communications Program Manager, and

and **Jacqueline Marucci**

Island Hospital Health Resource Coordinator

Starting the conversation about end-of-life planning is difficult, but it gives you the opportunity to explore what is important to you when you near the end of your life. Your care plan should support what matters to you and gives your life meaning, so don't be afraid to start the discussion with your loved



Dana Brothers

ones and healthcare team. Think of it this way, have you ever planned for a wedding? How about a birthday party? Would you ever hop on a plane for a vacation with no idea of where you are going or what climate you are going to be in? Most people like to have some strategic outline for any type of big life event, but often overlook the most important and inevitable event of our lives.

Healthcare directives

The term "advance directive" refers to oral and written instructions about future medical care in the event that you are unable to speak for yourself. There are two types of advanced directives: a healthcare directive (also known as a living will) and a durable power of attorney for healthcare.

The healthcare directive is a legal document that identifies your wishes about artificially prolonging the dying process in the event that you have a terminal condition that has been certified by your physician; or you are certified by two physicians to be in an irreversible coma, or other permanent unconscious condition where there is no reasonable hope of recovery. Other examples of circumstances that you have the opportunity to direct when completing a



Jacqueline Marucci

healthcare directive is your preference for artificial nutrition and hydration, and maximum pain and comfort care. It is important to have a conversation with your loved ones and physician prior to completing this document so you can feel confident in the choices you



make about life-sustaining treatments.

The durable power of attorney for healthcare dictates who you want making healthcare decisions for you in the event that you are unable. This is a legal document that authorizes someone to act as your healthcare agent. A healthcare agent is someone that is authorized to stop, consent to or refuse most medical treatment for you if a physician determines you cannot make these decisions for yourself. The person you choose should be someone you trust and who is aware of your values and medical-treatment wishes.

Where to go for info

If you would like more information about these documents, we invite you to visit the Health Resource Center at Island Hospital to discuss end-of-life care planning. Feel free to drop in, or call (360) 299-1397 to schedule an appointment. You can also visit the Washington State Medical Association's (WSMA) website at wsma.org for more information about advance directives and to download a free copy of the advance directive brochure.

If you or a loved one has questions about hospice care and how to ask tough questions about an illness, contact Hospice of the Northwest at (360) 814-5550. Caring staff members are available to speak with you and give guidance about hospice care at the time of your diagnosis. Hospice of the Northwest is also available to discuss the Five Wishes® program that is designed to help patients and their families plan ahead and cope with serious illness.

Knowing what your wishes are in the event of a medical emergency alleviates a tremendous amount of stress and worry from the shoulders of your family members and friends. Plan for your end-of-life wishes – it's one of the best gifts you can give. Start the conversation that counts today.



Auxiliary member Miriam Montgomery shows off her colorful pillows.

IH Auxiliary sees record year, plans for more

The Island Hospital Auxiliary plans for an exciting year on the heels of a highly successful 2017 season, during which most of its events resulted in record-breaking sales. One hundred percent of the funds raised from these events support Island Hospital.

The Auxiliary's June summer send-off celebration was especially joyful. "Nursing had given us a request to purchase some new over-bed tables to fit the beds purchased by the hospital," said Auxiliary President Betty-Anne Ely. "Thanks to our community's generous support, we were able to donate seven new tables this year, bringing our total table donations to 15. We also continued to donate more prenatal books and community education materials."

The Auxiliary extends its thanks to the Port of Anacortes for use of the Cap Sante party barge for the celebration, which included the election of officers: President, Betty-Anne Ely; Vice President, Joni Simmerman; Secretary, Cara Brown; Treasurer, Karen Toedte; and Officer at-Large, Jeri Liggitt.

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Denise Jones RN, MN honored for excellence in tissue donation

Chief Patient Care Executive Denise Jones RN, MN was honored as Nurse of the Year for Excellence in Tissue Donation by LifeNet Health (LifeNet), a full-service tissue bank that facilitates the distribution of about 40,000 tissue implants every year in the Pacific Northwest.

LifeNet partners with hospitals on their in-house donation programs, working with care teams to recover, prepare and deliver life-saving and life-enhancing tissue for transplantation, medical research and education.

“This award to Island Hospital recognizes the collaboration and development of an outstanding tissue donation program,” said Karen Shannon, LifeNet’s Donor Relations Account Manager. “Denise Jones has been instrumental to that work and stands out as a true tissue donation advocate.”

Island Hospital quadrupled the number of donors (from two in 2015 to eight in 2016), which significantly increases the number of life-saving and life-enhancing tissues donated



Presenting LifeNet Health’s Nurse of the Year Award to IH Chief Patient Care Executive Denise Jones RN, MN (center) were Donor Relations Account Manager Karen Shannon and William Miller, NW Regional Donor Development Manager.

“Island Hospital totally supports the mission of LifeNet to save lives, restore health and give hope,” Jones said. “If we can help one person by making that phone call to LifeNet, it is worth the time to do. Our support is evident by the diligence of our nursing staff to consistently notify LifeNet within 60 minutes whenever we have a potential donor. That may not sound like a lot of time, but it is considering all they need to complete – most importantly giving emotional support to a grieving family. The nurses are the ones who remember to make those all-important calls every day. They earned this award by their diligence and their hands-on compassion to all involved.”

It is important to have a conversation with your loved ones and let them know what your wishes are about the choice to donate. It is an individual decision for each person and regardless of what that decision is (to be a donor or not), it is a kindness to the family to

know what the wishes of their family members are, so that during a time of stress and grief, the family will know how to proceed.

The driver’s license registration for “organ donor” also includes tissue and cornea donation. This is done outside of the hospital. Donation agencies approach the discussion with the family.

The nursing staff plays a critical role in the donation process by making timely calls to the donation agency partner. There is a short window of opportunity for donation to occur, which is why a call to the partner agency in a timely matter is so important. This is not only for organ donation (which has to happen while the patient is still on a ventilator) but also for tissue and cornea donation (which occurs after death yet needs to happen within 24 hours of the donor’s passing).

Learn more at www.lifenethealth.org.

Tissue donation: things to know

According to LifeNet Health:

- One donor can save up to 9 lives through organ donation and enhance more than 150 lives through tissue donation.
- An estimated one in 20 Americans will need some type of tissue transplant during their life.

– including corneas to help restore sight to the visually impaired, tendons to rebuild joints, valves to repair cardiac defects, veins to re-establish circulation, skin to help heal burn patients and bones to prevent the need for amputation.

AUXILIARY continued from Page 9

Mark your calendars for the annual Miniature Christmas Tree Sale, Nov. 10, starting at 7 a.m., in the hospital’s main hallway. “Please come early,” Ely urges. “We ran out of trees in 90 minutes last year and witnessed many disappointed people. We extend our gratitude to the Henery family of Sebo’s Hardware in Anacortes, who supplied our trees this year and last at no cost.”

New at this year’s sale will be sports-team (college and pro) theme pillows. Handmade by Auxiliary member Miriam Montgomery, “Miriam’s Pillows” will be on display and the Auxiliary will be taking special orders for holiday gift-giving.

The Auxiliary continues to supply “heart pillows” free of charge to any patient who is diagnosed with breast cancer. These pillows pad

the affected side against the pressure of the vehicle’s seat belt. The pillows are also available in the hospital gift shop, Gifts & More.

Vials of Life are still being distributed free to any community member who desires one. The Auxiliary thanks Anacortes Printing, Walgreens and Westward Design for their continued support.

“We thank all those who contributed to our successful July Penny Drive,” Ely said. “All proceeds from this go to our Lifeline project. A special thanks to our amazing local service clubs who support and assist us and to those who warmed our hearts with a hug or smile.”

For more information about the Auxiliary, call Ely at (360) 840-3038 or Kathy Morgan at (360) 293-8393.

Headache Disorders— On the Brink of a New Hope

by J. Michael Jones MPAS-C

Headache disorders are the Rodney Dangerfield of disease. They do not get the respect they deserve for two reasons. First, they are common. More than 90% of people have had at least one significant headache in their lifetime, 50% within the past year. Around 20% have problematic headaches and 4% have more days of headache than not. The World Health Organization has listed headaches as the sixth most common reason for “years lost due to disability.”

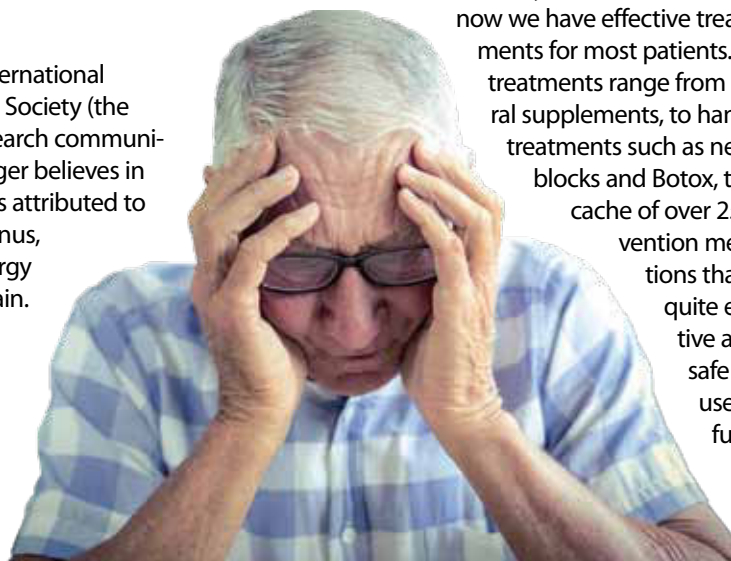
Secondly, unlike other maladies, there are no simple tests that reveal the underlying cause of most headache problems, leaving some to imagine that they are not real or important. This has led to headache disorders being the most under-diagnosed and treated of all medical problems. They should be respected because they cause more disability than all other neurological illnesses combined.

For more than 40 years, there has been a rigorous scientific search for the cause and cure for headaches and the fruit of that labor is starting to be realized. We are now on the threshold of a major game-changer in treatments that prevent a headache from starting. Additionally, some of our old ideas have been challenged and I will describe those changes below.

Out with the Old, In with the New

The Old

The International Headache Society (the major research community) no longer believes in headaches attributed to tension, sinus, stress, allergy or eye-strain. The headaches we use to call tension headaches, have not-



ing to do with stress or tight muscles and are often a form of migraine.

Migraine is not caused by blood vessels dilating or constricting.

Most things previously believed to be triggers for headaches; such as MSG, cheese, chocolate, red wine, sugar, artificial sweeteners or stress, haven't been shown to be triggers when studied objectively. Real triggers can be estrogen-changing, over or under sleeping and dehydration. Most patients have no specific triggers but the headaches come randomly.

The New

Migraines are most likely caused by genetic errors which allow subtle electrical storms to spread on the outer surface of the brain, which triggers the brain's headache alarm system. Injuries and other life experiences can exacerbate them.

Triptans, medicines designed to turn off headaches, appear to be safer than we thought and probably don't cause rebound headaches like painkillers or decongestants can.

The very first, of five, designer migraine-prevention treatments was recently approved and will be available early next year. This treatment uses a natural antibody to block the key chemical (CGRP), which the brain uses to form headaches. After 10 years of research the treatment has been shown to be effective and virtually side-effect free. Even

now we have effective treatments for most patients. These treatments range from natural supplements, to hands-on treatments such as nerve blocks and Botox, to a cache of over 25 prevention medications that quite effective and are safe when used skillfully.

J. Michael Jones MPAS-C brings specialized headache treatment to Anacortes

J. Michael Jones MPAS-C (Masters Medicine, Certified Physician Assistant) is now treating patients aged six years and older who suffer from migraine, tension headache, “sinus headache”, cluster headache, trigeminal neuralgia, atypical face pain, post-traumatic head pain pseudotumor cerebri and more.



Jones received his BS in Psychology and General Science Studies, graduating cum laude, from East Tennessee State University in 1977. He earned his Certification as Clinical Associate (PA) from the University of Kentucky in 1981 and his Masters in Medicine - Neurology Emphasis from the University of Nebraska in 1998.

He began his career in 1982 as an associate to Joel Saper MD (widely considered the world's foremost headache specialist) at the Michigan Headpain and Neurological Institute, Ann Arbor. Together, they established the first inpatient headache center in the U.S.

In 1986, Jones traveled to Egypt to work with refugees through the Mediterranean Medical Resources of Cairo and was enrolled in the Intensive Arabic Program offered by the American University from 1987 to 1988 to facilitate him in this work.

After returning to the U.S., in 1997 he became a headache specialist with Mayo Clinic in Rochester, MN. During this time he was also on the faculty of the La Crosse-Mayo Physician Assistant and the Winona State Nurse Practitioner Programs. Since 2003 Jones has been with Cascade Neurologic Clinic in Mount Vernon as a headache specialist. In 2012 he became the first non-physician to be board certified in Headache Medicine through the National Headache Foundation.

Author of 29 medical trade journal articles and invited lecturer/presenter at even more educational events, Jones is happy to bring the latest in research and treatment to headache sufferers in Anacortes.

J. Michael Jones MPAS-C sees patients at the Center for Pain Management at Island Hospital, located in the IH Medical Office Building, 2511 M Ave., Ste. C, Anacortes. For appointments call (360) 299-4929.

Military families have better health-insurance option

U.S. Family Health Plan (USFHP), a TRICARE Prime option sponsored by the U.S. Department of Defense and operated locally by Pacific Medical Center, is now being offered to patients of Island Hospital's family care clinics (list below).

The plan is available to all active military, as well as retirees, survivors and family members. There are no enrollment premiums or co-pays for medical care for active-duty family members. Retirees pay the same enrollment fees and the same co-pays as TRICARE Prime when they get care from civilian providers.

Features of USFHP include:

- Choice of a non-military primary-care provider
- Preventive care
- Family medicine, pediatric, internal medicine and a range of specialty care
- Prescription drug benefits
- Inpatient benefits
- Behavioral health, substance-abuse treatment
- Basic vision benefits and more

Island Hospital family-care clinics covered by the plan are:

- Anacortes Family Medicine, (360) 299-4211
- Fidalgo Medical Associates, (360) 293-3101

Those on this plan also are eligible for all Island Hospital services and specialty clinics, including:

- The Walk-In Clinic
- Island Surgeons
- Psychiatry & Behavioral Health



- Sleep Wellness Center
- Wound Care & Hyperbaric Medicine Center
- Birth Center
- Cancer Care Center
- Diagnostic Imaging Department
- Emergency Department
- Physical, Occupational & Speech Therapy
- Surgical Services

For complete list of Island Hospital services, visit www.islandhospital.org.

For more information about USFHP call (866) 418-7346.

CMIC earns global recognition

Based upon the successful establishment of an outpatient community-based lactation clinic just two years ago, the Island Hospital's Center for Maternal & Infant Care (CMIC) was one of just 13 outpatient lactation clinics in the world to earn the International Board Certified Lactation Consultant (IBCLC) Care Award in 2017.

The CARE award recognizes clinics that employ and support the work of international board-certified lactation consultants as well as breast-feeding support and promotion.

"We are delighted to receive this global recognition for our efforts," said CMIC Medical Director Jody Cousins MD. "Our Center is entirely staffed by IBCLCs, and we provide education, support and promotion of breastfeeding to our patients and medical students who rotate through from the University of Washington and other schools."

"Small, community-based clinics like ours provide accessible outlets for families with concerns not only about infant feeding but also about normal infant behaviors, family



Dr. Jody Cousins (left) works with Nicole Gordon and baby Adam.

dynamics and coping with significant changes that come with new additions," Dr. Cousins said. "We want our families to know they are warmly welcomed and supported, and we look forward to assisting moms in achieving their breastfeeding and infant feeding goals well into the future."

The Center for Maternal & Infant Care is based in the offices of Fidalgo Medical Associates. For information or appointments call (360) 293-3101.

Interpretation services and audio loop amplifiers are available 24/7 for patients and families.

Please ask your healthcare provider for more information.



INTERPRETATION

Over-the-phone interpretation services are available in more than 170 languages

AMERICAN SIGN LANGUAGE

Video-remote or in-person American Sign Language interpretation available.

In-person sign language must be scheduled in advance.



AMPLIFIERS

Audio loop amplifiers provide a clear sound for individuals with hearing loss. Works with headphones or individuals who have T-Coil equipped hearing aids.

Childhood immunizations: Why all the controversy?

by Les Richards MD, Pediatrics

Fidalgo Medical Associates at Island Hospital



One of my earliest memories was lining up, with my family, to receive the oral polio vaccine. It was a pretty great experience. The vaccine provided very good protection against a serious illness that struck quickly and severely and infected anyone from the President to my brother's best friend. At that time the vaccine was delivered in a sugar cube, certainly a win-win situation for a

young boy. After the introduction of the polio vaccine the disease rapidly evaporated from 15,000 - 20,000 cases per year in the U.S. to almost none.

Subsequent years have seen the development of immunizations for many serious illnesses. In each case, the disease incidence dramatically decreased soon after the vaccine program was started. To illustrate, see the accompanying graphs regarding the incidence of illnesses in U.S. just prior to a vaccine being introduced and subsequent to its introduction. (The dotted line indicates when the vaccine program was started.)

When I was in pediatric residency and university practice, we routinely saw cases of meningitis and other life-threatening illnesses caused by Haemophilus influenza, a very nasty bacterium. It's hard for me to forget the cries of a small child with Haemophilus meningitis suffering the worst headache imaginable. Despite using the newest antibiotics and recently introduced pediatric intensive-care-unit supportive care, many children died or were left with permanent neurologic deficits after this illness. The vaccine for this disease was introduced in the mid-1980s and I haven't seen a case for more than 30 years. Our new pediatrician, Dr. Greene, has never seen a case of Haemophilus meningitis.

The scientific data is overwhelming --- vaccines work. They are not 100% effective, but they are by far the best way we have to control severe infectious illnesses. That's why people such as Bill Gates are contributing millions of dollars to try to help develop vaccine programs for current overwhelming illnesses in the world such as tuberculosis and HIV.

In 1998, an article by Dr. Wakefield in Great Britain suggested a connection between the MMR (measles/mumps/rubella) vaccine and autism. The study included only 12 patients. This study was subsequently found not to be just very poorly researched, but fraudulent. Multiple attempts to repeat this finding in other research laboratories did not show a connection between the MMR vaccine and autism.

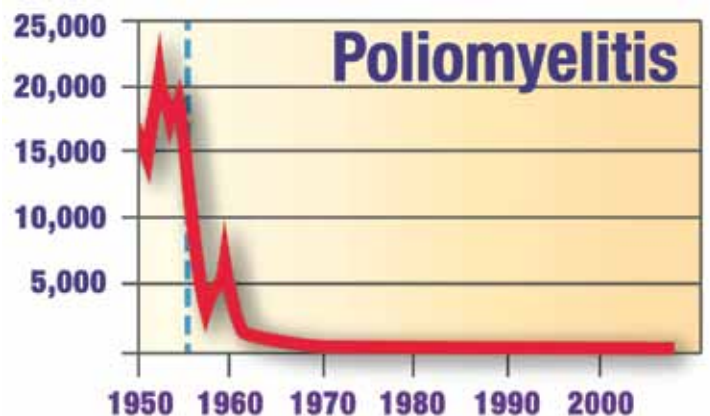
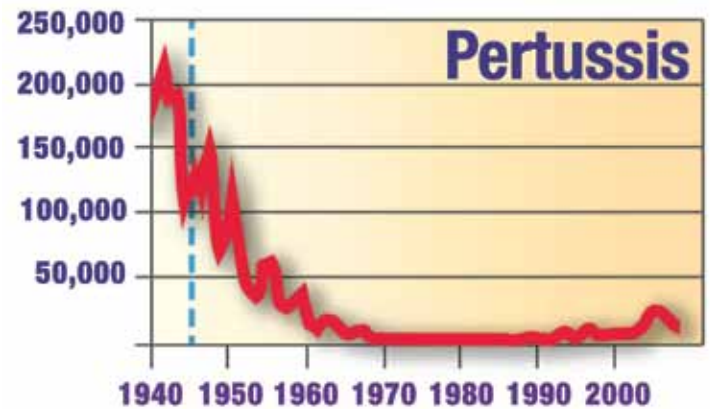
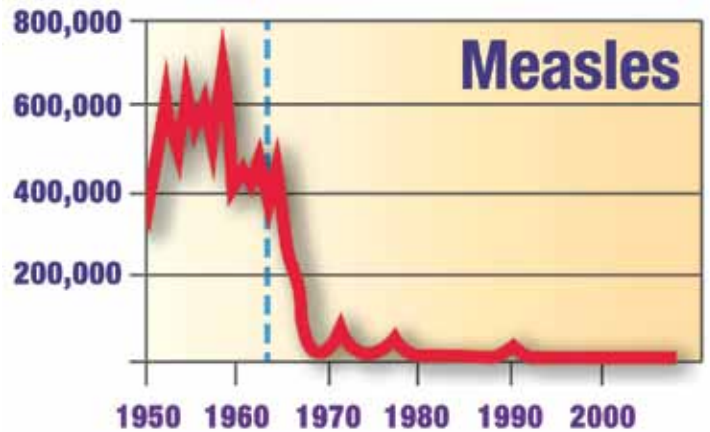
Despite this fact there has been an increasing concern that vaccines are unsafe and, unfortunately, an increased number of children who are inadequately vaccinated. I hear many concerns expressed by parents in my office regarding immunizations each week. Here is my response to the more common concerns I hear:

Excuse #1: Immunizations don't work

Please see the information above. There are numerous research articles demonstrating the effective response to many different immunizations.

Excuse #2: Immunizations are dangerous

I can't recall personally ever witnessing a permanent reaction from a vaccine. Such a reaction could occur, but with the vaccines we presently recommended for children, a severe or permanent reaction is



rare. **The risk of vaccine-preventable illnesses far exceeds the risk of the immunizations.** Vaccine reactions are monitored and we are mandated to send paperwork to the U.S. Center for Disease Control if we believe a significant problem with the vaccine has occurred.

Excuse #3: There is a lot of disagreement among experts regarding the recommended vaccine schedule and the safety of immunizations

Certainly there are individual physicians that recommend alternative schedules for immunization, such as Dr. Sears. However, pediatricians and infectious-disease experts overwhelmingly recommend using the routine vaccine schedule. Most of my patients who do use an alternative schedule in which vaccines are given at a slower rate, get significantly behind on the vaccines, and thus are not as well-protected

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Health & Wellness

Classes

All classes at Island Hospital require registration unless specifically stated in the class description. For classes with a fee, prepayment is also required.

Please note that some classes cannot be held without a minimum number of participants and some classes have a registration cap. 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. If you show up to a class without registering, we cannot guarantee space in the 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



Join Hilary Walker, a trained advance care planning facilitator, 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: Friday, October 20, 10 a.m. – noon
Friday, January 19, 10 a.m. – noon*

Where: Anacortes Senior Activity Center

Cost: \$15

Contact: 360-293-7473 for information about how to register

Instructor: Hilary Walker

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 13, 5 – 6:30 p.m.
Monday, January 15, 5 – 6:30 p.m.*

Where: Fidalgo Room

*Cost: \$25/per couple or individual
(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, December 14, 2 – 4 p.m.
Thursday, February 8, 3 – 5 p.m.*

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 360-299-1309

Grand-parenting **NEW!**



Are you a grandparent to a young child or an expecting grandparent? If so, this is the class for you.

Whether or not your grandchild is being born at Island Hospital, you can learn what has stayed the same in childbirth, infant care and early development and what has changed over the years. This class describes ways grandparents can offer support and assistance to a new family. Class will include a tour of the birth center and time for participant discussion.

When: Tuesday, October 24, 6:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25/per couple or individual

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

Six-Week Childbirth Education Classes

This six-week class is designed to prepare parents-to-be for the arrival of their new baby. Participants will learn essential skills and develop confidence as they approach the end of pregnancy, labor, birth and early parenting. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVD's, hands-on practice and guest speakers.

When: Tuesdays, Nov. 7 – Dec. 12, 6 – 8:30 p.m.

Tuesdays, Jan. 16 – Feb. 20, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$95/per couple or individual

(covered by Apple Health)

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

"My husband & I thoroughly enjoyed taking this Childbirth Class and we feel so much more prepared for our baby to be here after taking it."

– Childbirth Education class participant

Weekend Childbirth Education

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

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

Sat. & Sun., February 3 & 4, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$130/per couple or individual

(covered by Apple Health)

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

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



CANCER CARE

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, 1 – 3 p.m.

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 360-588-2082, registration preferred

HEALTH CARE PROFESSIONALS TRAINING

HIV/AIDS Training for Licensure

Island Hospital offers a DVD based four or seven hour HIV/AIDS training. Participants will take a test during the training. A certificate of completion will be provided with the successful completion of the course. This course is offered in English only. If translation is needed, it is up to the participant to coordinate.

When: Monthly, call for dates

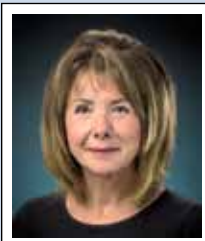
Cost: FREE (residents of Skagit, Island & San Juan Counties) \$30 for non-residents

Registration: 360-299-1309

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 course will review basics of the ketogenic diet. Learn 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 7, 3 – 4:30 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: Tuesday, November 28, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Madeline Rose

ESSENTIAL OILS



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

Essential Oils for the Mind, Body & Soul

Learn how to safely blend oils to meet your needs. These remedies may help with allergies and sinus congestion. Each participant will receive recipes and an essential oil blend to take home.

When: Wednesday, November 8, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

HEALTH INSURANCE

Medicare Open Enrollment

Join us to learn about the annual Open Enrollment period and your opportunity to make changes to Medicare Prescription Drug Coverage (Part D) and Medicare Advantage Plans (Part C) for 2018. Important timelines for making changes and information on how to research your options will be covered.

When: Tuesday, October 24, 1 – 2:30 p.m.

Tuesday, October 31, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

Medicare 101: Understanding Your Medicare Choices

Do you need help deciphering the Medicare puzzle? Join us to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage, gaps, enrollment and fraud protection.

When: Monday, January 8, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

MEDITATION



Instructor: Jan Hodgman MA has more than 40 years of meditation experience.

Meditation for Everyday Living

Meditation has been clinically proven to reduce stress, blood pressure and anxiety and help with restful sleep. This gentle three-session class includes guided exercises, attending to what's immediately present in our experience and an invitation to being rather than doing.

*When: Mondays, October 16, 23 & 30
6:30 – 8:30 p.m.*

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

“Excellent instructor providing good information in an appropriate manner and level. Fielded participant questions in a personable and professional way. Well selected handout and resources.”

– Improving Your Aging Memory class participant

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

PARENTING

Registration Requirements:

Registration closes at 3 p.m. the Thursday before the listed class date. Classes require a minimum number of participants. If the minimum is not reached, the class will be cancelled and participants signed up will be notified.

Childcare:

Limited free onsite childcare (ages 2-8). Childcare requires advance registration and space is limited. Email Nicole Mortimer, Anacortes School District to reserve childcare: nmortimer@asd103.org

Parenting classes are made possible by a partnership with the Anacortes School District & Island Hospital.

Coping with Stress NEW!

Learn techniques to manage day-to-day stress and help you stay calm to consistently apply positive parenting strategies. Anacortes School District offers this Brigid Collins class for parents of young children, ages 0-8 years old.

When: Monday, November 20, 5:30 – 7:30 p.m.

Where: Whitney School, 1200 M Ave., Anacortes

Cost: \$5 per person (scholarships available)

Raising Confident, Competent Children NEW!

How do children learn responsibility and respect? Learn to boost your child's self-esteem and encourage their independence. Anacortes School District offers this Brigid Collins class for parents of young children, ages 0-8 years old.

When: Monday, October 23, 5:30 – 7:30 p.m.

Where: Whitney School, 1200 M Ave., Anacortes

Cost: \$5 per person (scholarships available)

Raising Emotionally Resilient Children NEW!

What is emotional resilience? Learn how to teach your child to cope with the ups and downs of life. Anacortes School District offers this Brigid Collins class for parents of young children, ages 0-8 years old.

When: Monday, November 6, 5:30 – 7:30 p.m.

Where: Whitney School, 1200 M Ave., Anacortes

Cost: \$5 per person (scholarships available)

Thriving Kids: Building Blocks for Success NEW!

Learn what environmental factors and experiences impact your child's development. What research says may surprise you! Anacortes School District offers this Brigid Collins class for parents of young children, ages 0-8 years old.

When: Monday, December 4, 5:30 – 7:30 p.m.

Where: Whitney School, 1200 M Ave., Anacortes

Cost: \$5 per person (scholarships available)

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

Before & 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, November 14, 1 – 2:30 p.m.

Tuesday, December 12, 1 – 2:30 p.m.

Tuesday, January 9, 1 – 2:30 p.m.

Tuesday, February 13, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Pamela McNamee OT/L

Ergonomics NEW!



Are you having pain during your work day? If so, this class is for you! Research shows proper desk set-up can decrease work related injuries. This course will provide resources to help adjust your work station to best fit your body, as well

as education on proper posture.

When: Thursday, November 30, noon – 1 p.m.

Where: Computer Training Room

Cost: \$5

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

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, December 6, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

“Great information and well presented”

– Pelvic & Bladder Health class participant

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: Wednesday, November 1, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Allison Blackwell PT, DPT & Suzie DuPuis RD

Pelvic & Bladder Health



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.

Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, November 16, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington, PT

SPECIAL EVENTS

Sex Over 60



Join local naturopathic physician Alethea Fleming for an informative, frank, and practical discussion on common myths and issues in both genders about a healthy sex life as we age.

When: Thursday, January 25, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

Skagit Adult Day Program Lunch & Learn

Local experts share knowledge and insight regarding elder care over a light homemade lunch.

When: 1st Tuesday, 12:30 – 2 p.m.

Where: Anacortes Christ Episcopal Church

Cost: FREE

Contact: Gentry House, 360-293-4466

Resources & Support Groups

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.

Contact: 360-299-4242

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.

Contact: 360-299-4242

HEALTH INSURANCE

In-Person Assisters (Non-Medicare)

Island Hospital offers free appointments with an In-Person Assister. This program is intended to help individuals (not on Medicare), understand the details regarding enrollment for health insurance through the Washington Healthplanfinder.

Contact: 360-299-4924

SHIBA (Medicare)

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.

Contact: 360-299-4212

LIFELINE

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.

Contact: 360-293-7563 or jinsull@islandhospital.org

MENTAL HEALTH

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.

**Contact: Skagit HELPLINE: 800-273-8255
Suicide Prevention Lifeline: 800-273-TALK or 800-SUICIDE**

PREGNANCY, CHILDREN AND FAMILIES

Access to Baby and Child Dentistry (ABCD)

Did you know that regular dental care is recommended to start before an infant's first birthday? Families with children up to age 6 can call Skagit County's ABCD program for help with dental care for their children.

Contact: 360-416-1523

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.

Contact: 360-293-3101

Nurse-Family Partnership

First-time moms who are eligible for Apple Health or WIC can enroll in Skagit County's Nurse-Family Partnership (NFP) program. Moms are paired with nurses who meet with them from early pregnancy until their child turns two, providing personalized information and support for a healthier pregnancy and a more confident parenting experience.

Services are provided by Skagit County Public Health at no cost to families.

Contact: 360-416-1523

Skagit Healthy Beginnings Phone Line

Child & Family Health staff at Skagit County Public Health provides information and referrals to help families of pregnant women and young children find activities and services that promote health, development and well-being.

**Contact: 360-630-8352 (call or text)
Monday – Friday**

Women, Infants and Children (WIC) Nutrition Program

The WIC program provides healthy foods, nutrition education, breastfeeding support and linkage to health and social services. WIC serves women who are pregnant, breastfeeding or post-partum and infants and children up to age five. WIC is an equal opportunity provider and does not discriminate.

**Contact: 360-416-7595 (Anacortes)
360-466-3900 (Swinomish Indian Health Clinic)**

TEENS

Anacortes Teen Clinic

The Teen Clinic is free of charge for teens (age 18 and under). The clinic is open on Wednesdays from 2 – 5 p.m. and is located at 2601 M Ave., Suite C, Anacortes. Drop-ins are welcome.

Anacortes Teen Clinic Services:

- Family planning
- Contraceptive education and supplies including condoms, birth control pills and emergency contraception
- Pregnancy testing
- Sexually transmitted infection prevention education

Contact: 360-293-6973

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. Insurance may cover cost.

Contact: 360-299-1300, ext. 2567

SUPPORT GROUPS

Alzheimer's Association - Caregivers

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

Better Breathers

3rd Tuesday, 1 – 2 p.m.
Burrows Room, Island Hospital
Contact: Jim, 360-299-4242

Grief

Every Wednesday, 3:30 – 5 p.m.
Sinclair Room, Island Hospital
Contact: Doug, 360-202-1699

Kidney

Meets Quarterly
Anacortes Senior Activity Center
1701 22nd St., Anacortes
Contact: 360-293-7473

Resources & Support Groups

Parkinson's

3rd Thursday, 1:30 – 3 p.m.
Fidalgo/Burrows Rooms, Island Hospital
Contact: Jerry, 360-293-2185

Restless Leg Syndrome

Call for dates
Fidalgo/Burrows Rooms, Island Hospital
Contact: Charlotte, 360-293-7328

CANCER SUPPORT GROUPS

Art & Healing for Cancer Patients

Cancer patients and their caregivers are welcome to join art therapist, Margaret Carpenter Arnett BSN, ATR to reduce stress and improve emotional well-being through art therapy. **No artistic skills required.**

1st & 3rd Wednesday, 2 – 4 p.m.
Merle Cancer Care Center Conference Room
Contact: Danah, 360-588-2082

Better Together – Supporting Women with All Cancers

Women with a current diagnosis of any cancer are welcome to join a community of support. Weekly meetings involve sharing, educational segments and guest speakers. You do not need to be a patient at Island Hospital to attend.

Call for dates
Merle Cancer Care Center Conference Room
Contact: Danah, 360-588-2082

Cancer Caregiver

A supportive space for anyone caring for someone, or is affected by someone, living with cancer.

2nd Monday, 3 – 4 p.m.
Merle Cancer Care Center Conference Room
Contact: Danah, 360-588-2082

Prostate Cancer

A monthly gathering of prostate cancer survivors to discuss with newly diagnosed individuals their various treatment options and possible outcomes.

3rd Wednesday, 11 a.m. – noon
Fidalgo Room
Contact: Nick, 360-293-9540

Rooms and times are subject to change. Please call contact before attending any support group. For more information about these support groups, please call 360-299-1309.

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 31, 10:30 a.m. – 12:30 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Blood Pressure Checks

BEAT IT! Fight Heart Disease 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:

Health Resource Center
Every Wednesday, 9 a.m. – noon
Anacortes Senior Activity Center
Last Tuesday of the month, 9 – 10:30 a.m.

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 24, 9 – 11 a.m.
Tuesday, January 16, 9 – 11 a.m.

Where: Health Resource Center
Cost: \$5

Cholesterol & Glucose Screening

BEAT IT! Fight Heart Disease 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.

Please do not arrive prior to 7:30 a.m.
Call 360-299-1309 for questions.
When: Tuesday, October 17, 8 – 11 a.m.
Tuesday, January 23, 8 – 11 a.m.
Where: Health Resource Center
Cost: \$10 (insurance may cover the cost of your screening)

Clinical Breast Exams

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

When: Monday, October 30, 8 a.m. – noon
Where: Merle Cancer Care Center
Cost: FREE
2016 Breast Screening Results: 15 people participated; none 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

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-4204

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 27, 9:30 a.m. – 4 p.m.
Where: 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 14, 9 – 11 a.m.
Tuesday, January 9, 9 – 11 a.m.

Where: Health Resource Center
Cost: FREE

Pulmonary Function Screening

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

When: Tuesday, November 7, 8 a.m. – noon
Where: Health Resource Center
Cost: FREE

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 5, 1:30 – 3:30 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital
Cost: FREE

IHF adds Development Assistant Kate Helmreich

Island Hospital Foundation recently welcomed Katherine "Kate" Helmreich, Development Assistant, to its staff.

Originally from Michigan, Helmreich earned Bachelors degrees in marketing and anthropology, both with honors, from Michigan State University, East Lansing; and her MBA in marketing from Oakland University, Rochester MI.

Helmreich was employed for several years by Federal-Mogul of Southfield, MI, where she excelled as (in chronological order) Marketing Analyst, Pricing Manager, Marketing Manager and, finally, Product Manager.

At the Foundation, Helmreich's primary responsibilities include providing support to Foundation events, campaigns and programs; maintaining accurate records reflecting donor activities; entering



data to track donor information and providing general administrative support.

IHF Director Jeannette Papadakis remarked, "Kate's a joy to work with! She has great energy, enthusiasm and very impressive skills to aide in the Foundation's growth."

Helmreich, her husband and two children moved to Anacortes from Memphis, TN, in February of this year. "We absolutely love living here," she says. "The views, weather and outdoor life are truly amazing."

Although Helmreich spent many years in the automotive industry, she says, "I have always wanted to work in non-profit. I love the idea of helping to raise funds that have such a positive impact on so many individuals and families."

Brit Ladies celebrate Rebecca Flint contribution

A special local group called the "Brit Ladies" honored the passing of longtime friend and Island Hospital volunteer Rebecca Flint (inset), who contributed more than 5,000 hours to the Surgery Liaison desk and hospital blood drives. The Ladies provided a beautiful plant and plaque located in the Surgery area where Rebecca donated so much of her time. The "Brit Ladies" are (from left) Judy Baker, Wendy Gray, Jeane Smith and Wendy Kendrick.



Celebrating the completion of a \$100,000 pledge are (from left) Gift Shop Manager/Volunteer Coordinator Jenn Van Dyke, shop volunteer Jeanne Jebousek and IHF Director Jeannette Papadakis.

Celebrating \$100,000 pledge completion

The Island Hospital gift shop, Gifts & More, recently made the final donation to complete a \$100,000 pledge to the Island Hospital Foundation. "Our gift-shop volunteers are exceptional and so dedicated to supporting the great patient care at Island Hospital," said Van Dyke, Gift Shop Manager/Volunteer Coordinator. "Getting to know and work with them makes this achievement especially rewarding."

Over the years since the pledge was decided, gift-shop volunteers continued to give to many other areas of the hospital such as Acute Care, Birth Center, Employee Wellness and more. The lively group has already decided to fund a hospital-wide digital-signage project that will provide continuous information via large monitors in hospital waiting areas and digital menus for the Bistro.

Golf Classic sets new record (again!)

The weather was absolutely beautiful on August 7, when the 16th Annual Island Hospital Golf Classic brought together 144 golfers who fiercely competed for the coveted Vince Oliver Cup. They capped off the day with an awards dinner, plentiful raffle prizes, appreciation and accolades for one and all.

Through sponsorships, on-course competitions, a silent auction, and raffle and mulligan sales, the Golf Classic raised more than \$106,000 – a new record high!



Winning the Vince Oliver Cup for having the lowest gross score in the Island Hospital Golf Classic were (from left) Jesse Edwards, Jimbo Bobb, Garrett Wilbur and Brenden McLeod.

“For the last 16 years, our community and our IH partners have been coming together to raise funds to support Island Hospital. Each year, it is wonderful to see how much fun everyone has supporting our great cause,”



Tournament Director Vince Oliver and sponsor Jim Jermyn of RIS Insurance share a cart. Oliver started the Island Hospital Golf Classic and has directed it each year, while RIS has been a major sponsor every year.



The law firm of Ogden Murphy Wallace has been a major sponsor for every Island Hospital Golf Classic. They were represented this year by (from left) Island Hospital Attorney Don Black, Greg Ott, Jefferson Lin and Daniel Kenny.

states Jeannette Papadakis, Foundation Director. “Thank you to all of our sponsors, volunteers and donors for making this event such a success. We couldn’t do it without you.”

All of the proceeds from the event go directly to funding community programs including our Health Resource Center, free and low-cost health screenings, the IH Mental Health School Intervention Social Worker Program and additional support for our cancer patients through the Cancer Care Medical Relief Fund.

2017 Golf Classic Winners

1st Place – Vince Oliver Cup (Low Gross)

Swinomish Casino & Lodge
Jimbo Bobb
Jesse Edwards
Garrett Wilbur
Brenden McLeod

1st Place (Low Net)

Intalere Team #1
Mark Creed
Randy Lindemeier
Ken Freeman
David Hardy

Closest to Pin

Jeff Colby, Parker-Smith-Feek

Longest Drive Men

Brenden McLeod,
Swinomish Casino & Lodge

Longest Drive Women

Amanda Crain,
Puget Sound Kidney Center

Grand Raffle Prize

Jane Nakagawa,
Puget Sound Kidney Center

Remembering

The Island Hospital Foundation received gifts to remember and honor those listed here between May 1 and Aug. 31, 2017:

IN MEMORY OF:

Tammy Jean Mackey

Patty McClintock

Bobby Lee &
Carolyn Storrer

Al Prato

Bud Strom

Doris George

Mary Ingram

Dennis J. Heggem

Swany Johnson

Marge Thomas

Tony Lauro

Tom Hudson

Les Cooper

IN HONOR OF:

Dr. Susanne Wilhelm

Dr. Linda Brown

GUARDIAN ANGELS:

Dr. Kathy Garde

Alicia Montour

Dr. Robert Rieger

To remember or honor someone with a donation, please send the person’s name and type of remembrance requested along with a check payable to “Island Hospital Foundation.”

Mail to:

1211 24th Street

Anacortes, WA 98221

Info: (360) 299-4201



Easy access to your medical record

Consumers make travel reservations and do their banking online on a regular basis and now, more and more, are managing their healthcare online through patient portals.

Island Hospital's patient portal, myIslandHealth, gives patients access to their medical records, allows them to send a message to their provider, request appointments and prescription refills, view lab and diagnostic reports, and pay their bills... all online.

Patient-portal messaging and appointment requests are two features that will help the provider and patient save time and will enhance communication. Messaging and appointment requests made online are handled the exact same way as a phone call to your healthcare provider's office, except there is no waiting on hold. Here is what patients need to know to go online and save time.

Efficient communication between patient and provider

Portal messages are a more direct way for patients and providers to stay in touch. Island Hospital providers wish their patients would send more messages through the patient portal. "Providers want patients to know that portal messaging is our preferred communication method for questions about their follow-up care or current medications. It helps both providers and support staff to be more efficient with our time," said Island Hospital Chief Medical Officer and Ob/Gyn Robert Prins MD.

Often, providers want patients to check in with them after their visit. It is more convenient to do this with a message via the portal than by calling the office. Providers want patients to use the message feature on the portal but also caution that it isn't for every situation. Portal messages should be used for only non-urgent follow-up questions or questions about current medications.

3 simple steps to make appointment

As with portal messages, requesting an appointment online will save patients valuable time. Patients can use the appointments feature on the portal to view their upcoming or pending appointments. They can also reschedule, cancel or request new appointments at their convenience, 24/7. Requesting new appointments involves three easy steps:

1. Select appointment type and reason
2. Select preferred appointment day and time
3. Confirm contact information.

The portal then sends the request to the provider's office where clinic staff will schedule the appointment based on the patient's preferences (day, time, provider, etc.) and a notification is sent through the portal to the patient.

To find more information about the benefits of the myIslandHealth patient portal, visit the Island Hospital website at www.islandhospital.org or call (360) 299-1300 and ask for portal support.

2017-18 flu season is upon us!

The end of summer + back to school = flu season. Island Hospital is working with healthcare providers and Skagit County Public Health to prevent the spread of the flu.

Flu Essentials

7 things you should know about the flu vaccine this year:

1. Flu vaccine is recommended for anyone six months and older, (including pregnant women).
2. It takes 8 - 10 days after a flu vaccine to create a strong immune response in healthy adults.
3. Past infection with the flu does not make a person immune. The flu virus changes frequently, (annual flu vaccines are recommended to help keep up with the current strain of the virus).
4. The flu vaccine cannot give you the flu.
5. The nasal spray (FluMist) is no longer recommended for anyone, of any age.
6. For people with egg allergies, vaccines should be given under the direct supervision of a healthcare provider. There is a recombinant flu vaccine specifically for people age 18 and older with a severe egg allergy.
7. For anyone 65 and older, a higher dose flu vaccine is available. The higher dose should provide better protection from the flu.

3 Flu Facts

1. Flu symptoms include:
 - Fever
 - Headache
 - Cough
 - Vomiting or diarrhea may occur but it's more common in kids
 - Sore throat
 - Runny or stuffy nose
 - Body aches
 - Fatigue
2. Adults can infect others one day before symptoms develop and up to five days after becoming sick. Kids can spread the virus for 10 or more days.
3. Getting the flu shot is the best method of protection along with handwashing, covering your cough and staying home when sick.

For the 2015-16 influenza season, the Centers for Disease Control and Prevention (CDC) estimates that 12,000-56,000 Americans died from the flu, 140,000-710,000 were hospitalized due to flu-related illnesses and there were 9.2 million to 60.8 million total illnesses related to the flu. Don't be a statistic -- get your flu vaccine today!

Ready to schedule your flu vaccine? Contact one of the three agencies below:

- Local pharmacies
- Your personal primary-care provider
- The Walk-in-Clinic at Island Hospital (9 a.m. – 4 p.m., Monday – Friday)

For more information on the flu vaccine visit the Washington State Department of Health's website: www.doh.wa.gov

if they come in contact with the illness. The children also need to come in for extra visits to receive vaccines usually given at one visit.

There is a lot of information available on the Internet and through social media and news media suggesting immunizations are unsafe. I'm not aware of any research-based information that has substantiated these concerns. I have asked parents over the years to bring me any research-based articles demonstrating that vaccines are unwise to use, and have yet to see such an article. I have seen many articles by which someone expresses their views or their personal experience. I believe that in any scientific field, and particularly with any issue that affects our precious children, trying to obtain accurate data is essential. The CDC and other health organizations maintain very large research-based databases regarding vaccines and their effectiveness and safety.

Excuse #4: I am going to wait until my child is older to start immunizing them. My child's immune system is too immature to receive vaccines or will be overwhelmed with so many vaccines. I don't think my child will get the infection anyway, we try to be careful.

The infant's immune system can make antibodies effectively. Research is done to demonstrate an immune response to the vaccine prior to the vaccine being recommended for use. Due to the improvement of vaccines in recent years as well as the elimination of routine smallpox immunization, in the first two years of life children are now given only 5% over 20 times fewer of the antigens with vaccines than they were in 1980.

I tell my families that waiting to get a vaccine because you think your child will not get the illness would be like not using the car seat because you think you will not get in an accident today.

I would suggest that you read research-based information about the risk and benefits of immunizations. Immunizations are one of

VACCINE SAFETY & EFFECTIVENESS

Additional resources



Children's Hospital of Philadelphia
<http://bit.ly/2fZc20>



Healthychildren.org
<http://bit.ly/2wMMQuG>



CDC
<http://bit.ly/2hm6BXV>

the most researched aspects of pediatric medicine. If my child ever did develop a vaccine-preventable illness, I would want to know that I had done my best to keep them safe. Talk with your child's medical provider about immunizations. Ask questions. Don't just take hearsay from a celebrity or Internet article.

Northwest Washington State – especially Island and San Juan counties – is one of the less-vaccinated areas of the United States. We are seeing increased rates of measles and whooping cough. Much of the effectiveness of the vaccine program is related to “herd immunity”; that most (other) individuals have immunity to the infectious agent. If one person in the herd (group of people such as classmates or scout troop) develops an illness but those close to them have immunity to it, the illness typically does not spread. This offers a false sense of security. However the less protected the “herd” is, the more likely the illness can spread.

Due to the success of the vaccine program, we have seen few news articles about children dying of vaccine-preventable illnesses in recent years, which I believe has made people feel that the diseases no longer are an issue. Unfortunately, it appears that this situation is changing.

I worry that I again may hear the Haemophilus meningitis cry.

tems, the way that healthcare is delivered to patients is changing. This affects where patients receive their healthcare services, who provides their care and how their care is delivered. As medicine becomes institutionalized and fragmented, this can compromise the personal nature of care patients receive. It is becoming more difficult for rural community hospitals to maintain personal patient care in this environment.”

“Additionally, as medical technology dramatically changes – with new surgical procedures, new medical devices, less-invasive surgical technology and ever-increasing cost of medications – healthcare is becoming alarmingly expensive. This situation also provides some unique challenges for community hospitals to keep pace. Despite these challenges, Island Hospital continues to be creative in prioritizing excellent patient care.”

Physicians are eagerly awaiting is implementation of the new EMR. “This is a change that is easily embraced,” Dr. Hogge said. “It allows information to be shared among treating and consulting physicians as well as the departments with whom we interface – such as Lab, Diagnostic Imaging and Pharmacy – in a seamless fashion. The system is very user-friendly. It allows patients to easily obtain their medical records and education materials online, enjoy enhanced communication and be supported even from a distance.”

“I am excited to serve the hospital community as the Chief of the Medical Staff and look forward to supporting Island Hospital's mission: ‘to deliver quality, compassionate and personalized healthcare’ to our patients.”

Dr. Hogge earned his Doctor of Medicine at Ross University School of Medicine. He is board certified by the American Board of Family Medicine, and in addition to serving patients at FMA, Dr. Hogge is Associate Professor of Family Medicine at the University of Washington School of Medicine.

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

Please give blood at Island Hospital

Monday, December 18 & March 19

10 a.m. - 4 p.m.

Fidalgo/Burrows Rooms • Call 360-299-1309 for an appointment.



The IH Care Management Department includes (from left) Tracy Donovan RN, BSN, MBA; Karla Smith MSW; Tammy Hutchinson RN; Susan McMoran BA; Annette Clem RN, BSN; Mimi Ortiz, MSW Student Intern; and Brooke Freeman MSW.

Care Management: Assessing, planning after-hospital care

A stay at the hospital can be a difficult and challenging time as questions and concerns arise in planning for discharge. Our care management team is comprised of registered nurses and social workers to assist patient and family with the careful planning and coordination necessary to assure a smooth transition from the hospital to home or another appropriate care setting.

At Island Hospital, the Care Management Department is responsible for the careful planning of patient discharges in collaboration with the healthcare team. In addition to discharge planning, the Care Management nurse is responsible for performing a daily review of your medical record while in the hospital to assure your admission is medically necessary for insurance and payment purposes.

"A safe and appropriate discharge from the hospital – whether being discharged to home or a skilled-nursing facility – is vital to the patient's recovery" said Manager of Care Management Tracy Donovan. "Patient outcomes following a hospital stay can be dramatically improved with high-quality, well-thought-out discharge planning."

Development of a patient-discharge plan is a team effort involving the primary-care provider, hospitalist, nurse and case manager. Discharge planning must include the fol-

lowing with consideration of the patient's insurance coverage:

- An assessment of the patient by licensed and qualified staff
- Conversation with the patient, family member and caregivers
- Coordinating transportation arrangements to another care facility or to home
- Determining what caregiver instruction, equipment or other support is needed
- Referral to appropriate post hospitalization services: home health, infusion therapy or respiratory therapy
- Scheduling follow-up tests and appointments.

The care management team assesses and plans for each patient's need and abilities as soon as admission to the hospital occurs. Your assigned nurse or social worker's goal is to help ease the transition from the hospital by offering referrals for community resources that may assist with post-hospital care and managing illness. Case managers develop and coordinate continuing care, researching each patient's needs and insurance coverage to find the most appropriate and available resources.

Along with Donovan, the Island Hospital Care Management Department comprises 10 case managers – five of whom are social



Social Worker Karla Smith (left) and Registered Nurse Tammy Hutchinson discuss a patient's discharge plans.

workers and three are registered nurses:

- Misty Baranski MSW
- Erin Christensen RN
- Annette Clem RN
- Brooke Freeman MSW
- Tammy Hutchinson RN
- Susan McMoran, Care Coordinator
- Karla Smith MSW
- Irene Villiott LPN also serves as utilization review coordinator
- Jenny Wisniewski MSW
- Peter Wold MSW

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1211 24th Street
Anacortes, WA 98221

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ECRWSS Resident

Dinner at the Bistro!

The Bistro at Island Hospital offers delicious, nutritional, affordable dinners using the freshest, local ingredients.

ENJOY FRESH, made-to-order selections!

- Organic & locally sourced, whenever possible
- Hormone & antibiotic-free
- Lean proteins, fiber-rich legumes, whole grains



Bacon & Cheese Burger on a Pretzel Bun

Cobb Salad



Only \$6.49!
(Including entrée,
vegetable & starch)


Island
Bistro

The Bistro at Island Hospital
1211 24th Street, Anacortes

Dinner served 4-7 pm
Weekdays (excluding holidays)



Pan-Fried Fish Sandwich

Browse our menu at www.islandhospital.org