



ISLAND HOSPITAL

Heartbeats *Magazine*



Celebrating
40 YEARS OF
SERVICE
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FARM STAND

every
tuesday | JUNE 7 -
SEPT. 13



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Patient Portal helps couple with healthcare management

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*my*IslandHealth

Commissioner's Message

Island Hospital = high-quality care

by *Lynne Lang PhD*

President, Board of Commissioners



Over the past 10 years, Island Hospital has achieved numerous awards celebrating high-quality services. Included have been recognition for overall quality, patient communication, low surgery-infection rates and more. In addition, Island has been named a Top 100 U.S. Hospital and 3rd best in the State of Washington. Recently, Island

earned high marks by Det Norske Veritas (DNV), an international independent foundation with 300 offices in 100 countries. DNV merged with Germanischer Lloyd (GL), another international organization created to evaluate quality measures, in 2013 to form DNV GL.

The Centers for Medicare and Medicaid Services (CMS) authorize DNV GL as an accrediting agency for U.S. hospitals. Accreditation is required to receive payment from CMS as well as most health-insurance companies. DNV GL offers a hospital-accreditation program named National Integrated Accreditation for Healthcare Organizations (NIAHO).

In earning a three-year recertification, Island Hospital certifies its compliance with NIAHO's rigorous standards of quality. The Board of Commissioners is very proud of the high-quality patient care offered here in our community and recognizes the leadership of hospital Administration and the Quality Improvement Department for outstanding efforts to achieve these high standards.

Recent and current quality-improvement projects have been impressive:

- **Clinical Scene Investigation project:** In 2015 a group of our Acute Care nurses took on a project to improve bedside shift reporting among the staff, reduce unnecessary overtime pay and improve communication with patients.
- **Surgery-patient transfer and positioning:** The Surgical Services Department is working to improve patient comfort and safety by taking a critical look at how we transfer and position surgery patients.
- **Emergency patient waiting times:** Emergency Department staff have worked to shorten wait times for emergency patients with a three-step plan that also includes stepped response to "surge" levels. *Note: The Island Hospital Emergency Department patient visits have increased from 12,665 to 16,298 annually, a 28% increase (10 more patients per day) in just two years.*

The Board of Commissioners is proud of Island Hospital's employees in meeting these challenges to be the best independent small hospital in the U.S.

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



Patient Access Supervisor Bo Gillentine and Surgical Services Director Steve Burton RN near the new surgery patient tracker monitor.

Patient Progress Tracker keeps surgery patients' family, friends informed

You're sitting it out in the waiting room while a loved one is having surgery. You wonder what's going on, how long it will take, if you have time to dash out for a Starbucks or get a bite to eat. The last five minutes have felt like five hours. You fault yourself for not having enough patience.

"One part of the Island Hospital Promise pledge is to 'always place your emotional needs first and foremost,'" said Director of Surgical Services Steve Burton RN, CNOR, BSc. "With that in mind, we developed the Patient Progress Tracker, which allows relatives and authorized friends of those who are undergoing surgery to see where their loved ones are on their care journey."

How it works

Upon arrival to registration, surgery patients are given a unique number which is written on a reusable card. Each patient's family keeps this card with them until the patient is discharged. The patient's surgeon also has this unique identifier. A monitor, or "big screen", placed in the surgery waiting area displays the unique numbers of patients currently on the care continuum. Alongside each number, colors are used to represent what phase the patient has entered, and at what time: i.e., into pre-op, into surgery, into recovery, and ready for discharge. (The card given the family has an explanation as to the colors they will see on the monitor.)

"We are acutely aware of the need for privacy," said Burton, "and with the unique number identifier we can maintain that privacy along with keeping the patient's family informed of their loved one's care."

Understanding that people often feel better knowing that their loved one is progressing; staff will still come out to the waiting area during long cases to update the family. "But for shorter procedures," Burton said, "this is an ideal solution and exciting addition to the care we can offer patients and their families."



As I See It...

By Vince Oliver, IH Chief Executive Officer

Technology and the delivery of medical care go hand in hand. As technology advances, what

we can do for patients is greatly enhanced. This is most easily noted in diagnostic imaging, where computer systems can record and provide incredibly vivid images that enable more exact diagnosis and treatment.

As you probably know, the entire hospital “runs” on computer systems – that store and allow transfer and recall of the electronic medical record or EMR – from patient registration to home healthcare and beyond. The data entry at every step in patient care comprises the EMR for each patient, to be updated and utilized through the patient’s life. However, the Island Hospital system does not have the advanced technology we need to meet the demands of modern healthcare delivery and federal reporting requirements.

With an expected cost of \$10-17 million, we are carefully working to find the absolute best system for

Island Hospital. An experienced consultant was hired to help schedule, present and select among five systems appropriate to our needs. We have researched and selected systems based on experiences of other facilities in the State of Washington.

Each system has been introduced and summarized by respective company representatives, then tried by key managers, physicians and hospital staff who utilize EMRs most often. We refer to the latter as our superusers. Testing and evaluating each system are physicians, nurses and therapists, as well as registration, clinic and billing staff.

We expect to make a decision on the new EMR system by August and have it in place by January 2018.

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

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Our Mission:

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

Island Hospital

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Our Promise

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

IH patient portal makes important contribution

Anacortes residents, Ron and Sherry Oberst, visit the Island Hospital patient portal frequently, especially to maintain vigilance over Sherry's multiple medical conditions. Below is Ron Oberst's response when asked about his use of the portal.

Information available to us through the portal is an important contribution to our health-care management. The visit history is helpful when completing new patient forms and keeping our own health history journal. Having this accurate information helps us answer questions during office visits, track date of service for billing matters, and schedule recurring routine procedures such as mammograms and colonoscopies. At last check, my wife had 285 visit entries since her first encounter in March 2000.

Medications and allergies data in the portal let us confirm the accuracy of the information on record. Reports give a detailed review of each procedure, helping us to formulate questions before, or to fill any gaps after, an office visit. The portal contains the latest lab results for the 40 items regularly monitored for my wife, and are usually available for access before a follow-up office visit. The printable reports and lab results provide a handy take-along reference, and the lab results depict high/low flags, communicating in plain enough terms for us to understand the what, when and how much. This helps us focus on the "why".

Earlier this year we were locked out of the



Ron and Sherry Oberst view personal medical information on the myIslandHealth patient portal.

portal. I sent an email to portalsupport@island-hospital.org requesting assistance. Within minutes, Patient Portal Support Specialist Arthur Childs responded with an easy-to-answer information request and a solution. Minutes after that, the problem was solved. This may not seem like a big deal, but it reflects the caring, service-oriented, patient-focused, forward-looking people we have – from the front desk to the operating room and beyond at Island Hospital, "the best little hospital in the West."

Because the portal holds a lot of built-in

room to expand, increasing its capabilities and effectiveness; we are confident that as the financial resources and technology become available, Mr. Childs and other hospital staff can and will make it happen. We are grateful.

~ Ron Oberst

Signing up for myIslandHealth is easy. Patients can request access when visiting Island Hospital or one of our clinics. For more information about myIslandHealth including frequently asked questions, visit www.islandhospital.org/myislandhealth.

Program ensures No One Dies Alone

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

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

"We have a great small group of compassionate companions (the term given to NODA volunteers)," Fakkema said, "who are ready to come alongside Island Hospital patients who otherwise would be alone at the end of life. However, we do need more to fill the need we have in our community and here at the hospital!"

All compassionate compan-

ions complete both IH volunteer and NODA training and are able to provide a calming presence and dignity to the patient that live out the IH Promise of meeting the emotional and medical needs of its patients. They share a passion for meeting the needs of the most vulnerable in our community and have a heart for those in need.

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

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

15th Annual Island Hospital Golf Classic

Monday, August 1, 2016
Skagit Golf & Country Club

Preparations are in full swing for this annual event! This year makes the first-ever presentation of the Vince Oliver Cup to the winning low-gross foursome. Oliver, who founded the IH Golf Classic in 2001, was awarded the cup at last year's event in recognition of his efforts to gather colleagues and friends together for a day of golf and camaraderie to benefit the Island Hospital Foundation. Winner of the Vince Oliver Cup will not only be awarded the trophy but will also have its team name engraved on a perpetual plaque – never to be forgotten!

Registration opens at 10 a.m. with a shotgun start at 11:30 a.m. Golfers will enjoy a full day of golf, curbside bag drops, range balls, golf carts, on-course competitions and (back by popular demand) the Casino Hole, a mouth-watering barbecue lunch, and on-course food and beverages. An above-par hosted cocktail hour and awards dinner with gifts for each participant and sponsor rounds out the day – and is part of why this event sells out fast. Be sure to register early.

Proceeds of the annual Golf Classic go to purchase new equipment and technologies and fund charity care at Island Hospital. For more information about registration, costs and sponsorships, call Executive Assistant Kim Graf or CEO Vince Oliver at (360) 299-1327.

Anne Blanchette PA-C joins Anacortes Family Medicine



Certified Physician Assistant (PA-C) Anne Blanchette is now serving patients at Anacortes Family Medicine (AFM).

With a focus on helping individuals put themselves in an optimum state of health, Blanchette says, “My mantra is to help patients improve function and lifestyle; to minimize, if not eliminate, intervening medications; and not to use medications as band aids for an unhealthy lifestyle. I believe in quality sleep, quality food, quality relationships and standing work areas.”

Blanchette received her Bachelor of Arts degree in physiological psychology from the University of Washington in 1987 and earned her Bachelor of Science degree in Physician Assistant Studies at the University of Texas Medical Branch, Galveston, in 1991. She achieved certification in that same year and has since routinely engaged in ongoing education.

Blanchette began her career at FHP, Agana Guam. Arriving in Oak Harbor in 1993, she has since worked as physician assistant (PA) for Coastal Government Services; acute care and emergency medicine at Naval Hospital Oak Harbor; Group Health Cooperative - Pacific Campus, Everett; North/South Whidbey Community Clinic; and Oak Harbor Internal Medicine. She worked for the Department of Defense, Naval Hospital Family Practice Clinic for seven years prior to joining AFM.

“I am so excited to finally be working for Anacortes Family

Medicine!” exclaims Blanchette, who is now settled in Anacortes. “The clinic has such a fine reputation, and the medical philosophies held by others on the staff align with my own.”

Blanchette is a student and member of Functional Medicine University, a “crossfitter, paddle-boarder/surfer”, mother and “partner in the healthcare of my patients,” she says. She believes that “if you can’t pronounce it, you probably shouldn’t eat it” and “if it hurts when you do it, don’t do it!”

To make an appointment with Anne Blanchette PA-C, call AFM at (360) 299-4211. AFM is located in the Island Hospital Medical Office Building, 2511 M Avenue, Suite B, Anacortes.



Island Hospital CEO Vince Oliver shortly after receiving the Shirley Ann Munroe Leadership Award.

CEO Vince Oliver accepts AHA’s Shirley Ann Munroe Leadership Award

Island Hospital Chief Executive Officer Vince Oliver, was honored with the 2015 American Hospital Association’s (AHA) Shirley Ann Munroe Leadership Award. The award recognizes the accomplishments of small or rural hospital leaders who have improved health care delivery in their communities through innovative and progressive efforts.

This award is an opportunity for us at the AHA to recognize the achievements of a deserving rural hospital CEO,” said John Supplitt, Director of the AHA Section for Small or Rural Hospitals, which represents more than 1800 facilities. “This is presented annually to a hospital CEO who has displayed outstanding leadership in meeting the ongoing challenge of small or rural hospital management.”

The AHA panel noted: “Oliver is a collaborative leader. By teaming up with physicians, staff members and the community, he has brought innovative programs to Island Hospital that enhance patient experiences and outcomes. These include a Sleep Wellness Center, a Wound Care & Hyperbaric Medicine Center, and the Merle Cancer Care Center. A new mental-health program was initiated with the local school district bringing care to students. Oliver spearheaded the design, development, financing and construction of two major facilities.”

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Tammy Johnson RN, WCC, CHT earns wound care certification



Island Hospital (IH) staff bring their genuine desire to provide the best possible medical and emotional care to IH patients. That, in part, is what allows IH to make and keep its Promise.

Tammy Johnson RN, WCC, CHT became a certified hyperbaric technologist in December and earned her certification in wound care in February. Both certifications are impressive. Yet when asked about her certification, Johnson's authenticity came through in her simple reply.

"Both of my parents are in the medical field, and I've wanted to be a nurse for as long

as I can remember. It was during my first nursing position, with a home-health agency, that I became interested in wound care," she noted.

It was during her clinical rotation for nursing school that she had the opportunity to visit the Wound Care & Hyperbaric Medicine Center at Island Hospital, and was impressed, "Not only did I enjoy the work, I was in awe of the level of care provided here."

Johnson requested to do her preceptorship with the IH wound-care team and was subsequently offered a permanent position in July 2014. In February 2015, she was offered the position of Clinical Nurse Manager. Wanting to expand her knowledge and skill set, she took the NAWCO Wound Care Certification

course and attended HBO (hyperbaric oxygen) training and testing to become a NBDHMT Certified Hyperbaric Technologist.

"These have drastically increased my knowledge of leading-edge wound-care supplies, techniques and therapies – which have helped make me an even more valuable asset to our patients and to our team," she says.

"My personal goal is to be an active participant in making our department the best wound-care center it can be."

The Wound Care & Hyperbaric Medicine Center at Island Hospital is located in the Medical Arts Pavilion, 1015 25th Street, Anacortes. For more information, call (360) 899-4600 or visit online at www.islandhospital.org.

Susan Butler MSN, ARNP-FNP, NP-C returns to Merle Cancer Care Center – as a provider!

Susan Butler MSN, ARNP, NP-C has worked as an RN at the Merle Cancer Care Center (MCCC) since 2012. In late 2015, she earned her Master of Science in nursing degree from Gonzaga University and was credentialed as an Advanced Registered Nurse Practitioner (ARNP) by Washington State. Now employed by North Puget Oncology, she has returned to MCCC – as a provider.

Butler has enjoyed an outstanding academic career. She received her Bachelor of Arts degree in biology and French, summa cum laude, from Pacific Lutheran University in 1997 and her Associate's degree of nursing, summa cum laude, from Everett Community College in 2001. She was invited to join Sigma Theta Tau honor society for nurses in 2015.

Her experience includes medical/surgical RN at Hospital of the Monterey Peninsula, CA; and acute care RN at Island Hospital.



Focusing on oncology since 2010, she was pediatric oncology nurse at Rady Children's Hospital, San Diego, and oncology RN at Anne Arundel Medical Center, Annapolis, Maryland, before serving MCCC as an oncology RN – and now, ARNP.

Butler's special interests include palliative care, oral chemotherapy side effects and adherence, and symptom management. She is a member of the Advanced Practice Society for Hematology and Oncology.

Bringing her extensive nursing background and approach to patient care, Butler says, "I am thrilled to be able to work in my hometown and in the specialty for which I've studied and prepared throughout my career. Working at the level of a provider is both rewarding and challenging, and meeting the challenges presented while helping a patient is the greatest reward of all!"

Merle Cancer Care Center is located on the upper level of Island Hospital's Medical Arts Pavilion, 1015 25th Street, Anacortes. For more information, call (360) 299-4200 or visit www.islandhospital.org.



Blair McCallum RPT retires

Former Director of Respiratory Care Blair McCallum RPT (left) recently retired after 31 years at Island Hospital. McCallum – shown here with Luella Breckenridge, Sterile Processing Department – is known for his positive and cheerful nature. "Blair was an excellent department director who related very well to patients, visitors and staff," said Chief Patient Care Executive Denise Jones RN.

Housekeeping Supervisor April Carlson shares the extraordinary importance of “the little things.”

At age 15, involved in an emotionally charged, toxic relationship with her mother, April Carlson left home with no destination other than “out”. For 12 weeks, she lived on the streets – sometimes invited to spend a night here or there. She quickly learned that many of the invitations were not of the kind and giving sort. She dropped out of school. She needed help. She learned about the YMCA Oasis Teen Shelter and the services provided there. Life took a turn.

Carlson stayed at the shelter, intermittently, for 18 months. There, she was given “little things”: food, clothing, a shower; one by one. Cumulatively, a window into, followed by a door that opened to the wonders and beauty of life.

“I was 17,” Carlson said, “when a friend’s mother took me in. My friend had two children who also lived there, and I was their nanny while their grandmother was at work. I got my GED and, at age 18, I earned my certification as a nursing assistant (CNA). I went

to work for a nursing home in Sedro-Woolley. At 19, I enlisted in the U.S. Army.”

Three weeks before boot camp graduation, Carlson injured her back and was given a general discharge. Although she and her mother had achieved reconciliation, she moved to Anacortes to live with her future husband and resume her work as a CNA. In 2005, after two deaths in the family had rendered her emotionally unable to carry on with that work, she applied for work in Island Hospital’s Housekeeping Department – and those life-giving, little things began to tick off quickly.

“Hired as an on-call employee,” Carlson said, “I was at full-time in six months. Two years later, I was Shift Lead; one year later, Supervisor. Encouraged and supported, I gained confidence, patience and increased belief in self. I was told I was capable of taking on increased responsibility, even if it meant ‘baptism by fire.’”

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Relay for Life: “We Relay so that we can celebrate more birthdays.”

Julie Lane is Island Hospital’s buyer for the Supply Chain Department. She has worked for IH since 1999 and has volunteered as IH Relay for Life team co-captain (alongside Lisa Parker, Lane’s cousin and fellow employee) since 1995. Like far too many others, Lane and her family have highly personal reasons for supporting and participating in the Relay. Following is Julie’s story.



Dedicated team – With Supply Chain Department Buyer Julie Lane are relatives and friends (from left): cousin Lisa Parker, cousin Amy Shardlow, Renee McKinnon, cousin Suzanne Larson (holding cousin Pepper Larson), cousin Shelly Smith, Deb Larsen, Liz Martin, Megan Hill and mother Marie Jarrells. Parker, Shardlow, McKinnon, Smith, Larsen, Martin and Hill are Island Hospital employees.

Our family has supported the Relay for Life cause since 2001, but we became actively involved in the Island Hospital team when my mom was diagnosed with ovarian cancer in 2004. My mom was lucky. Her cancer was surgically removed, and she has been cancer-free since then. In 2005 she walked her first Survivor Lap, as she has done each year for 10 years and counting.

In 2008 my cousin, Janet Klein, succumbed to liver cancer after a two-year battle. In the same year, my cousin, Amy Shardlow, was diagnosed with cervical cancer. Thankfully, Amy’s cancer was detected early, and she is now cancer-free.

I lost my cousin, Joni Watson Graves, to melanoma in 2013. The following year, my Aunt Elaine Watson lost her two-year battle with pancreatic cancer.

In 2010 Lisa Parker, her daughter and I went to Arizona to do the “light the night walk” after losing my brother-in-law to lymphoma in 2009.

Tracing back to 1990, we’ve learned that even more family members have been affected by various cancers. We Relay so that we can celebrate more birthdays, as too many of our family members lives have been cut short by cancer.

I Relay. Cousin Lisa Relays. My niece, Kaeleigh Jarrells, was seven

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The importance of breast-feeding on baby's health

by Jody Cousins MD

One of the first decisions an expectant mom makes is how to feed her child. When you choose to breastfeed, you make an investment in your baby's future. Breast-feeding allows you to make the food that is perfect for your baby and gives your baby the healthy start that will last a lifetime.

Colostrum a.k.a liquid gold

So-called for its deep yellow color, colostrum is the thick first milk that you make during pregnancy and just after birth. This milk is very rich in nutrients and includes antibodies to protect your baby from infections. Colostrum also helps your newborn infant's digestive system to grow and function. Your baby gets only a small amount of colostrum at each feeding, because the stomach of a newborn infant is tiny and can hold only a small amount. Also, colostrum changes into mature milk by the third to fifth day after birth. This mature milk has just the right amount of fat, sugar, water and protein to help your baby's continued growth. While it looks thinner than colostrum, it has the nutrients and antibodies your baby needs for healthy growth.

Breastfed babies have lower health risks

The cells, hormones and antibodies in breastmilk protect babies from illness. This protection is unique and, miraculously, changes to meet your baby's needs. Research suggests that breastfed babies have lower risks of:

- Asthma
- Childhood leukemia

- Childhood obesity
- Ear infections
- Eczema (atopic dermatitis)
- Diarrhea and vomiting
- Lower respiratory infections
- Necrotizing enterocolitis, a disease that affects the gastrointestinal tract in pre-term infants
- Sudden infant death syndrome (SIDS)
- Type 2 diabetes

What if I'm unable to feed my baby breast milk?

Very rarely, due to unusual genetic conditions tested for at birth, babies are born unable to tolerate human milk of any kind. These babies must have an infant formula that is hypoallergenic, dairy-free or lactose-free. Specialist baby formulas now on the market include soy formula, hydrolyzed formula, lactose-free formula and hypoallergenic formula. Additionally, your baby may need formula if you have certain health conditions or have had a surgery that prevents you from breast-feeding and you do not have access to donor breast milk. Formula is felt to be very safe, yet it lacks the protective factors of human milk as described above. Please consult with your doctor before feeding your baby anything besides your breastmilk.

This article contains information published at www.womenshealth.gov/breastfeeding. Dr. Cousins is the Medical Director for the Center for Maternal & Infant Care at Island Hospital and a family-practice physician with Fidalgo Medical Associates. For information or appointment, call (360) 293-3101.

Island Prenatal Care Center joins CMIC at Island Hospital

Most services previously offered at the Island Prenatal Care Center (IPCC) are now attainable at the Center for Maternal & Infant Care Center at Island Hospital. Located in the Fidalgo Medical Associates clinic at 1213 24th Street, Anacortes, the CMIC offers a wide range of maternity and infant-support services, including an outpatient breast-feeding-support program.

Two certified lactation consultants, Effie Jo Lindstrom RN, IBCLC and Teri Shilling MS, IBCLC see patients under the guidance of Dr. Jody Cousins. This program serves all patients, regardless of insurance, with breastfeeding issues.

To schedule an appointment with the CMIC, call the FMA scheduling line (360) 293-3101.

The Women, Infants and Children (WIC) program will continue to operate from the Teen Clinic at 2601 M Avenue. To contact the Teen Clinic call (360) 293-6973.



Mother Support Group

Every Thursday,
3 – 4:30 p.m.

Burrows Room

Contact: Elizabeth, 416-1518

IH farm stand opens June 7

When it comes to fresh fruits and vegetables, the Island Hospital farm stand, sponsored by the IH Employee Wellness Program, is the perfect place to shop. The farm stand features local produce from Schuh Farms in Mount Vernon along with fruits and vegetables grown in the sunshine of eastern Washington.

Kick-off for the 2016 farm stand is on Tuesday, June 7, and will run every Tuesday from 11 a.m. to 4 p.m. through Sept. 13 in the courtyard adjacent to the hospital's 24th Street main entrance.

This year the farm stand will feature:

- Fresh, local produce from Schuh Farms
- Local jams and honey
- Fruit pies baked that morning
- Gluten-free baked goods from Old Wooden Spoon Bakery
- Gluten-free skin and beauty products by Perfectly Posh
- Recipes and health/nutrition tips

Fresh-to-Go bags

Weekly *Fresh-to-Go* (FTG) bags are available to pre-order for \$10. The bags contain five to seven produce items and are pre-bagged and ready for easy pick-up at the farm stand. What you get in your FTG depends on the season. Anyone interested in receiving the FTG weekly email notice, listing the produce they can expect to find in that week's bag and instructions on how to pre-order a bag, can contact Suzie DuPuis RD at farmstand@islandhospital.org with your full name, email address and phone number.



A wide range of fruits and vegetables are available at the Island Hospital farm stand, which starts June 7 in the courtyard adjacent to the main 24th Street entrance.

Mammogram task force recommendations stirs debate but won't impact patient insurance coverage

On Jan. 11, the U.S. Preventive Services Task Force (USPSTF) published its final recommendations on breast-cancer screening in the *Annals of Internal Medicine*, recommending biennial mammograms for women aged 50-74 who have an average risk for breast cancer – countering the recommendations of many clinicians who believe average-risk screening should begin at age 40 and performed annually rather than every other year.

It is important to note that implementation of the USPSTF recommendations was blocked in December 2015, when President Obama signed the Consolidated Appropriations Act of 2015 which ensures that women's coverage for mammography continues through 2017. The law requires women 40 years and older enrolled in most health-insurance plans to be covered for mammography every one to two years without copays, coinsurance or deductibles.

The debate in brief

The USPSTF guidelines suggest that breast-cancer screening with mammography before age 50 may do more harm than good, citing the most common harm as a false-positive result which can result in psychological harm as well as additional testing and use of invasive procedures.

However, citing that more than 230,000 women in the U.S. are diagnosed with invasive breast cancer each year and approximately 11% are under age 45, as well as the decline in breast-cancer mortality rates (more than 34% between 1975 and 2010), Dr. Susan Boalbol, chief of breast surgery at Mount Sinai Beth Israel, told *Newsweek* that she believes the decline is primarily due to earlier

treatment – which requires earlier detection – and that some public-healthcare professionals are ignoring that fact.

Meanwhile, Dr. Daniel Kopans, professor of radiology, Harvard Medical School, wrote, **“It is estimated that if women now in their thirties were to follow the USPSTF guidelines and wait until age 50 to be screened every two years, there will be as many as 100,000 lives that will be lost that could have been saved by annual screening starting at the age of 40.”** His numbers were extrapolated from the American Cancer Society's Surveillance Network's data, such as that below.

Estimated New Female Breast Cancer Cases and Deaths by Age, US, 2015*

Age	In Situ Cases	Invasive Cases	Deaths
<40	1,650	10,500	1,010
40-49	12,310	35,850	3,690
50-59	16,970	54,060	7,600
60-69	15,850	59,990	9,090
70-79	9,650	4,2480	8,040
80+	3,860	28,960	10,860
All ages	60,290	231,840	40,290

*Rounded to the nearest 10

American Cancer Society, Inc., Surveillance Research, 2015

While the debate belongs to others, your body and your life belong to you. Talk with your physician to assess your risks and determine if a mammogram is appropriate for you.

Underage drinking: Why the concern?

Parents wish for their child normal development, fulfillment of potential and success known on many levels; their children expect and later wish for the same. Yet when our children are introduced to alcohol at an early age, hopes can be dramatically and tragically altered.

Alcohol is ethanol. It is the same ethanol that when mixed with gasoline can power a car. But when ethanol is ingested into the human body, especially one whose brain and organs are not yet fully developed, it can put the brakes on – sometimes, for good.

A 2013 survey released by the Center for Disease Control (CDC) found that among high school students, during the past 30 days, some eye-opening facts:

- 35% drank some amount of alcohol.
- 21% binge drank and, on average, underage drinkers consume more drinks per drinking occasion than adult drinkers.*
- 10% drove after drinking alcohol.
- 22% rode with a driver who had been drinking alcohol.

***About one in seven teens binge drinks, yet only 1 in 100 parents believe his or her teen binge drinks.** Moreover, people aged 12 to 20 years drink 11% of all alcohol consumed in the U.S. More than 90% of this alcohol is consumed in the form of binge drinking.

Other national surveys conducted in 2013 report:

- 23% of youth aged 12 to 20 years drink alcohol. [Note the defense of “everybody does it” doesn’t hold up. Underage drinkers are in the minority, not the majority.]
- 4% reported binge drinking in the past 30 days.
- 28% of 8th graders and 68% of 12th graders had tried alcohol.
- 10% of 8th graders and 39% of 12th graders drank during the past month.

According to National Department of Highway Safety and Department of Transportation (DOT)



statistics also released in 2013:

- Teen alcohol use kills 4,700 people each year – more than all illegal drugs combined.
- Kids who start drinking young are seven times more likely to be in an alcohol-related crash.
- Car crashes are the leading cause of death for teens, about a quarter of which involve an underage drinking driver.

The CDC additionally states that youth who use alcohol before age 15 are six times more likely to become alcohol dependent than adults who begin drinking at age 21, and other consequences of youth alcohol use include increased risky sexual behaviors, poor school performance, and increased risk of suicide and homicide.

Why the disproportionate risks between adults and youths?

Ethanol use during adolescence has been associated with alterations in brain structure, function, and neurocognition. Understanding the effects of alcohol use on adolescent neurocognition is crucial in understanding why youth who drink alcohol are more likely to experience (among other adverse situations) school, social and legal problems; unwanted, unplanned, and unprotected sexual activity; disruption of normal growth and sexual development; memory problems and changes in brain development that may have life-long effects.

For more information, visit www.islandhospital.org and click on “Health & Wellness” for related links.

IH Auxiliary brings *Vial of Life* to our community

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

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

How it works

1. Prepare your *Vial of Life* as per the instructions included in the kit. Then place your vial on the top shelf inside your refrigerator, and attach one decal to the outside of your refrigerator door.
2. Attach one *Vial of Life* decal to your front door (or window nearest that door). Paramedics have been trained in the *Vial of Life* program, and so they will know that you have critical medical information and, possibly, orders within easy reach inside the refrigerator.
3. Should a 911 call be made bringing EMS to your home and you are found disoriented or otherwise non-communicative, your *Vial of Life* saves precious time that could save your life. And, if you have included a POLST form, the paramedics are directed to provide the level of treatment that best honors your wishes.

“We are grateful for the generous supporters who have helped to make this program available to our community,” said IH Auxiliary President Betty-Anne Ely. “These include Anacortes Printing, Anacortes Windermere Real Estate Agents, Island Hospital Medical Staff, Walgreens and Westward Design.”

“The response has been overwhelming,” Ely added. “Over 1,500 kits have been given out so far, and we are speaking to more groups interested in learning more and spreading the word about this tool for personal safety and peace of mind.”

Where to get your *Vial of Life*

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

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

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



Breast, Cervical and Colon Health Program: free cancer screenings for eligible men and women

Citrine Health administers the Breast, Cervical and Colon Health Program (BCCHP) for the Washington State Department of Health, offering free cancer screenings for uninsured and underinsured residents of Washington.

The program focuses on screening those who are higher risk or underserved – including people age 50 and older; Native Americans, African Americans, Hispanics, Asian/Pacific Islanders; lesbians and bisexual women; people with disabilities, and people who have never or rarely been screened. Citrine Health urges those residing in Island, San Juan, Skagit, Snohomish, Pierce and Whatcom Counties and who feel they may be eligible to contact its regional office at (425) 259-9899 or toll-free at (888) 651-8931.

Who is eligible?

Eligible are people who are uninsured and do not qualify for Apple Health, or are underinsured. (“Underinsured” can include those whose health plan does not cover diagnostic screenings or who can’t afford the out-of-pocket costs to get screened.) Those who meet this first eligibility requirement may then be eligible for free cancer screenings if they are:



- Women between 40 and 64 years for breast and cervical screening (although limited coverage is available for women ages 18–39 experiencing breast symptoms with funds from Susan G. Komen®).
- Men and women between 50 and 64 years for colon screening.
- Women or men who meet low-income criteria.

Below is an abbreviated chart of income criteria used in determining eligibility.

family size	monthly income	annual income
1	\$2,475	\$29,700
2	\$3,338	\$40,050
3	\$4,200	\$50,400
4	\$5,063	\$60,750

Last year, Citrine Health’s-BCCHP program paid for 1228 separate breast and cervi-

cal screenings in their region involving 1042 mammograms, 466 pap smears, and 192 colon cancer screenings. They also paid for diagnostic work-ups on abnormal findings including colon polyp removal, breast biopsies, diagnostic mammograms, breast ultrasounds, ductograms, and surgical consultations. The screenings found 18 pre-cancer and invasive breast cancers, nine high-to-severe cervical dysplasias, and 21 clients needing polyps diagnosed.

Citrine Health-BCCHP encourages those who don’t have health insurance or who can’t afford their current insurance plan to check out new options made available by the Affordable Care Act:

- Washington Apple Health – This expanded Medicaid program is free and now covers more people.
- Qualified Health Plan – Those ineligible for Washington Apple Health may still qualify for a low-cost health plan.

To learn if you qualify for Apple Health or to apply for a Qualified Health Plan, go to <https://www.wahealthplanfinder.org>

BCCHP is a state-wide program. Additional information on this and many more programs is available at www.doh.wa.gov.

Advance directives, POLST make your choices known



By Hilary Walker OT

Most of us want to have as much control as possible over our life situations and have strong ideas about how we wish to live our days. Advance directives and Physician Orders for Life-Sustaining Treatment (POLST) are invaluable in helping to ensure that your personal values, needs and wishes are met in your healthcare.

Definitions in brief

1. Advance directives: Recommended for all adults, directives are not orders but are directives comprised of two legal documents that safeguard your right to refuse or request medical treatments should you become unable to express or make decisions yourself. You do not need an attorney to fill out an advance directive. Forms include:

- **Durable Power of Attorney for Healthcare (DPOA)** – in which you name a primary and secondary person to make medical care decisions for you at any time you are unable to speak for yourself.
- **Health Care Directive (aka “Living Will”)** – in which you state your wishes about medical care. Your directive can be refer-

enced by your attending physician (as well as the person to whom you’ve assigned DPOA) should your physician determine that you have developed a terminal condition and are unable to make your own medical decisions.

Discuss your wishes with your physician, family and close friends. Completed forms should be revisited regularly to ensure your wishes are correct and up to date. Make five copies: one for yourself, your DPOAs, your doctor, and one for filing with Island Hospital, who now allows you to open a patient file even if you have never been a patient.

2. Physician Orders for Life-Sustaining Treatment (POLST):

Recommended especially for adults with serious chronic conditions or terminal illness, this form is an order! Signed by your doctor, physician assistant or nurse practitioner, it directs paramedics and other healthcare personnel to provide the care you want.

Forms are available at your provider’s office, or you can pick them up at Island Hospital’s Health Resource Center, 1211 24th Street, Anacortes. Call (360) 299-1397 for appointment or information. For information and forms online, visit www.endoflifewa.org.

Hilary Walker is an acute-care occupational therapist at Island Hospital specializing in geriatrics and advanced life planning. She is also involved in community-based, end-of-life planning and care.

Volunteer Honors

As nearly all patients, visitors and staff are aware, Volunteers are an integral part of the care and services at Island Hospital. At the end of each year, hours are tabulated and recognized at the Annual Volunteer Recognition Celebration. In 2015, Volunteers contributed more than 15,000 hours of service to the hospital. This amounts to a contribution of nearly \$400,000! These are probably low numbers since Volunteer hours are typically underreported by at least 20%. Our current Volunteer staff has contributed more than 120,000 hours over the years to Island Hospital!

UP TO 99 HOURS

Karen Arnett
Diane Canington
Richard Carey
June Cook
Barbara Cooper
Mary Beth Conlee
Robert Cummings
Karen Edwards
Karin Gandini
Linda Grace
Gerri Gunn
Jan Hemme
Richard Hiedecker Sr.
Diana Holmes
Ann Marie Humphries
Wilbur Johnson
Lois Jones
Angela Kline
Terry Kratzer
Kip Lewis
Meredith Machin
Sylvia Maxson
Helen Merry
Miriam Montgomery
Kathleen Moore
Sally Morgan
Julie McConnell
Gary Mohr
Celeste Newell
Kevin Noyes
Kim Padgett
John Pederson
Claudia Peters
Graciela Ramirez
Richard Rodriguez
Richard Rohweder
Doug Shepherd
Sara Shao-McVay
Elizabeth Ann Smith
James Thomas
Lyle Tiberghien
Mary Tollefson
Dirk Van Dyke
Brock Ward
Tim Wells
Fred Winyard
Peter Withford
Cato Woods
Phillip Zimmerman

100 HOURS

Julie Anderson
Jeanne Belanger
Joan Fossum
Laura Hamel
C.J. Kube
Jeri Liggitt
Kathy Morgan
Patty Mussen
Bonnie Osgood
Margaret Read
Karen Toedte
Patricia Van Skyhawk

200 HOURS

Don Campbell
Susie Cawley
Pat Dyer
Bette Huff
Linda Kube
Shirley Lewandowski
Joanne Liantonio
Lisa Mealey
Pat Millikan
Michael Moss
Tamara Satko
Sarah Tobien

300 HOURS

Danette Carroll
Peggy Groundwater
Karen Huber
Carol Mann
Floy Ann Montee

400 HOURS

Donna Anderson
Sharon Anderson
Claudia Dillman
George Meekins
Lenore Peterson
Cheri Pinson
Sandra Tucker
Lily Van Wey

500 HOURS

Chris Anderson
Robert McGary
Jean Vaughan



Surgery waiting Volunteers (from left) Cheri Pinson, Pat Dyer, Patty Mussen and Carol Mann.

600 HOURS

Carolyn Kloke
Mac Langford
Wendy Patterson

700 HOURS

Barbara Allan
Jean Garner
Michael Stark

800 HOURS

Jo Fuqua

900 HOURS

Peggy Insull
Nancy Rota

1100 HOURS

Ann Huston

1200 HOURS

Pam Birchfield

1300 HOURS

Sally Kilpatrick

1400 HOURS

Judy Mayte
Diane Ramerman
Jack Withrow

1500 HOURS

Joan Hallenbeck
Karen Maughan

1600 HOURS

Ginny Brightwell
LouAnn Curtis

Diane Groves
Pat Weeth

1800 HOURS

Shellie Bogosian
Anne Jackets
Mike Jackets

1900 HOURS

Glenda Bolicek
Barbara Kiver
Brian McKee
Betsy Rogers

2000 HOURS

Curt VanHyning

2100 HOURS

Madeline (Maddy) Rose
Austin Schafer

2200 HOURS

Peter Dowden

2400 HOURS

Gail Koller

3100 HOURS

Betty Adams

3200 HOURS

Laurie Mueller

4000 HOURS

Betty Anne Ely

7000 HOURS

Elaine Oliphant

9000 HOURS

Craig Smith

9500 HOURS

Marge Sargent

15,000 HOURS

Kydie McKee

Kydie McKee has surpassed 15,000 Volunteer hours at Island Hospital. She has put together an estimated 100,000 patient admitting and discharge packets.



Employee service honored at annual event

One thousand years of service to Island Hospital will be recognized at the 14th Annual Employee Recognition Dinner. Employees to be honored for their contributions to the hospital included 2015 Employees of the Month, Employee of the Year and Management Leadership Award.

*Note: This event is held after Heartbeats went to press; therefore, the Employee of the Year and Management Leadership Award selections will appear in the Fall 2016 Heartbeats.

5 YEARS

Tracy Carvalho
Jody Cousins MD
Kirsten Edgley RN
Anthony J. Fausto RST
Bo Gillentine
Shane Hoelzle RAD CT
Tina Hoxie RN
Janelle Johnson LPN
Leslie Kowalczyk CMA
Benjamin Krieg PBT
Barbara LeDuc
Lauren Mireles RN
Mary O'Brien CNA
Diane Pike
Scott Pyke
Laura Schaffner RN
Chance Shaffner
Carrie Shelton CRCST
Amanda Smith
Angela Straw OT
Cheryl Vanderpool
Marianne VanRooyen RN
Jennifer Young CNA
Lindsay White CNA
Benjamin Wilmot

10 YEARS

Leannnda Braaten CNA
Tasha Bunch
April Carlson
Kirstin Cartwright HUC
Tracy Dobkins RN
Hubert Felder MLT
Natalie Gannon CNA
Laura James RN
Laurel Klepsch
Chara Leopard RN
Konnie Kleparek
Linda Lewis PT
Kristy Nelson RN
Kim Norman
Teena Peardon
Theresa Pierson RN
Eva Ould
Megan Ove RAD CT
Richard Ralston RT

Delfina Reyes
Denise Richter
Kristin Rogers PharmD
Myrna Salcedo CNA
Sophie Watts-Strieck RN
Trish Weir
Helen Whitley HUC
Eric Wildman
Thomas Wright RT (R), CT (MR)
Claire Zaugra

15 YEAR

Barbara Asseln CNA
Greg Barney, RT (R) CT (MR)
Monte Birkle
David Derting
Rade Dotlich MLT
Theresa Drahn PT
Michael Knippelberg
Bill Love
Melissa Martin PT
Renee McKinnon
Kristal Merrick
Vince Oliver
Lisa Parker
Jessica Reik
Christine Storm RN

20 YEARS

Julie Murray
Sheryl Robinson RN
Oliver Stalsbrotten MD

25 YEARS

Jill Brado
Dawna French RN
Steven Neitzel
Flora (Penny) Snarrenberg RN
Deborah Stoppelman RN
Evelyn Treadwell

30 YEARS

Sherrie Veatch

40 YEARS

Luella Breckenridge CRCST
Bette Finn RN
Nancy Parnell



Lue Breckenridge CRCST (from left), Bette Finn RN and Nan Parnell have all served 40 years at Island Hospital.

2015 Employees of the Month

January – Laurel Tull LPN
February – Amy Harrington PT
March – Nancy Akland RN
April – Deb Larsen
May – Aileen Alvarado CMA
June – Alyn Paffie RN
July – Luella Breckenridge
August – Carl Walch MLT
September – Sherry Pabona RN
October – Stephanie Dale
November – Daniele Tivey
December – Randy Richards

Health & Wellness

Classes, Screenings & Support Groups

Prepayment is required.

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



THREE EASY OPTIONS FOR REGISTRATION

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

Classes

ADVANCE HEALTHCARE DIRECTIVES

Living Wills & Durable Power of Attorney for Healthcare

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

When: Monday, June 6, 10 – 11 a.m.

Where: Fidalgo Room

Cost: FREE

BIRTH AND BEYOND

Childbirth Education Class



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

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

When: Tuesdays, July 5 – Aug. 9, 6 – 8:30 p.m.

Tuesdays, Sept. 6 – Oct. 11, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

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

Weekend Childbirth Education

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

When: Sat. & Sun., June 4 & 5, 10 a.m. – 6 p.m.

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

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

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

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

Breastfeeding Matters



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

This class is open to pregnant and postpartum women and their babies.

When: Monday, June 27, 5 – 6:30 p.m.

Monday, Sept. 19, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25 (covered by Apple Health)

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

Car & Booster Seat Clinic



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

install the seat in your car. No appointments required, please just drop in.

When: Thursday, June 9, 3 – 5 p.m.

Thursday, Aug. 11, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

CANCER CARE RESOURCES

Look Good...Feel Better

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

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

Art & Healing for Cancer Patients

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

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



Classes, Screenings & Support Groups

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

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

Pulmonary Rehabilitation

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

CPR CLASSES

Heartsaver CPR

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

When: Monday, Aug. 15, 8 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$50

Instructor: Omar Betancourt

Basic Life Support (BLS) for Healthcare Providers

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

When: Monday, Sept. 26, 8 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$75

Instructor: Omar Betancourt

DRIVER'S SAFETY

AARP Smart Driver

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

When: Monday, July 18, 9 a.m. - 5 p.m.

Monday, Oct. 17, 9 a.m. - 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Linda Sisson

HEALTH INSURANCE

Medicare 101: Understanding Your Medicare Choices

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

When: Monday, June 13, 1 - 2:30 p.m.

Monday, July 11, 1 - 2:30 p.m.

Monday, Aug. 8, 1 - 2:30 p.m.

Monday, Sept. 12, 1 - 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA Volunteer

PHYSICAL THERAPY PROGRAMS

Life & Therapy After Orthopedic Surgery



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

When: Tuesday, June 14, 1 - 2:30 p.m.

Tuesday, July 12, 1 - 2:30 p.m.

Tuesday, Aug. 9, 1 - 2:30 p.m.

Tuesday, Sept. 13, 1 - 2:30 p.m.

Tuesday, Oct. 11, 1 - 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Hilary Walker OT

Urinary Leakage



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

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

When: Thursday, Aug. 4, 10 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

Osteoporosis: Exercise and Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong 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, Sept. 7, 3 - 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Linda Lewis PT & Suzie DuPuis RD

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

Classes, Screenings & Support Groups

SELF-CARE

Perfumes with a Purpose



Blend some wonderfully scented essential oils to create a blend to wear that not only smells good, but can help mood, energy and more. Instructor Michelle Mahler will share her recipes and expertise to help you cre-

ate an oil to take home.

When: Wednesday, June 15, 6 – 7:30pm

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

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, led by an instructor with more than 40 years of meditation experience, includes

breath awareness, mindfulness techniques and guided exercises.

When: Thursdays, June 16-30, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Chronic Pain Management



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

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

When: Wednesdays, July 13 - Aug. 10, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25

Instructor: Geoffrey Godfrey ARNP

Senior Sexuality



Sexuality is a positive, life-affirming activity that does not end with retirement. Many changes occur for individuals over age 55 that require them to develop new expectations in their intimate sexual lives. This four-session class led by a Certified Sex Counselor will explore these issues and consider how to develop positive ways of being sexual as we age. Topics include sexuality later in life, skin hunger, safer cyber sex, talking to your healthcare provider about sex and chronic illness and sexuality.

When: Mondays, Aug. 8 – 29, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$50

Instructor: Mary Ellen West AASECT

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, Aug. 24, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Libby Lewis MA, MEd, CCC-SLP

Aromatherapy for Stress Relief

Learn all about aromatherapy and how to create a spray to help relieve stress. These sprays can also be used as room sprays to help neutralize odors. Create your own blend to take home.

When: Wednesday, Sept. 21, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$20, includes supplies

Instructor: Michelle Mahler

Natural Skin Care

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

When: Wednesday, Oct. 5, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

SPECIAL EVENTS

Journey of Dementia

Dementia care is a multi-dimensional experience as there is a lot to learn and remember when faced with the challenges of caring for a loved one. This series of four classes educate, encourage and empower the family and friends of those living with memory loss due to dementia. Learn to deal with challenging behaviors, how to handle practical daily needs and much more. Attend one or all of these classes presented by the Director of Wellness from Birch View Memory Care.

Class #1: Thursday, July 14 - "Dementia, what is it?"

Class #2: Thursday, Aug. 25 - "Communication with people with dementia"

Class #3: Thursday, Sept. 22 - "Understanding and managing difficult behaviors"

Class #4: Thursday, Oct. 13 - "Self-care for families"

When: 2 – 4 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Leta Benfield RN

Nutritional Approaches to Depression and Anxiety



Join Naturopathic Physician Alethea Fleming of the Vital Aging Clinic for an engaging discussion about the practical food choices you can make to help with anxiety and depression.

When: Wednesday, Sept. 28, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

WEIGHT MANAGEMENT

Overweight?

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

Weight Watchers™

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

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

Where: Island Hospital Cypress Room

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

Contact: Marcee, (360) 391-8994

OTHER RESOURCES

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. It also helps connect expecting moms to community resources. Call 293-3101 for more information.

HIV/AIDS Training for Licensure

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

Lifeline

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

whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached at 293-7563 or jin-sull@islandhospital.org.

SHIBA HelpLine

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

Anacortes Teen Clinic

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

Splashtacular! for kids

Thursday, July 28

Noon – 3 p.m.

Washington Park in Anacortes
Free

Fun activities include bouncy house, safety and health education, and prizes. Sponsored by Safe Kids Northwest.

Support Groups

SUPPORT GROUPS

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

Art & Healing for Cancer Patients

1st & 3rd Wednesday, 2 – 4 p.m.
Merle Cancer Care Center Conference Room

Contact: 588-2082, registration preferred

Breathe Better

3rd Tuesday, 1 – 2 p.m.
Burrows Room

Contact: Jim, 299-4242

Chronic Pain

2nd Wednesday, 3 – 4 p.m.
Burrows Room

Contact: 299-4929

Grief

Every Wednesday, 3:30 – 5 p.m.
Guemes Room

Contact: Doug, 202-1699

Mother Support Group

Every Thursday, 3 – 4:30 p.m.
Burrows Room

Contact: Elizabeth, 416-1518

Parkinson's

3rd Thursday, 1:30 – 3 p.m.
Fidalgo/Burrows Rooms

Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. – noon
Fidalgo Room

Contact: Carl, 299-3892

Restless Leg Syndrome

Sat., July 16, 10 a.m. – noon
Fidalgo/Burrows Rooms

Contact: Charlotte, 293-7328

OTHER ANACORTES SUPPORT GROUPS

Alzheimer's Association - Caregivers

2nd & 3rd Monday, 1 p.m.
Westminster Presbyterian Church,

1300 9th St., Anacortes
Contact: Ann, 299-9569

Kidney

Meets Quarterly
Anacortes Senior Activity Center

1701 22nd St., Anacortes
Contact: 293-7473

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

Classes, Screenings & Support Groups

Health Screenings

Sponsored by the Island Hospital Foundation



Ongoing Blood Pressure Checks

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

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

Pulmonary Function Screening

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

When: Tuesday, May 24, 8 a.m. – noon
Where: *Island Health Resource Center*
Cost: FREE

Balance Screening

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

When: Tuesday, June 14, 10:30 a.m. – 12:30 p.m.
Tuesday, Oct. 11, 10:30 – 12:30 p.m.
Where: *Physical, Occupational & Speech Therapy at Island Hospital*
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, June 14, 1:30 – 3:30 p.m.
Where: *Physical, Occupational & Speech Therapy at Island Hospital*
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, July 5, 9 – 11 a.m.
Tuesday, Sept. 6, 9 – 11 a.m.
Where: *Island Health Resource Center*
Cost: FREE

Cholesterol & Glucose Screening

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

When: Tuesday, July 12, 8 – 11 a.m.
Tuesday, Oct. 18, 8 – 11 a.m.
Where: *Island Health Resource Center*
Cost: \$10

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-1367

Bone Density Screening

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

When: Tuesday, July 19, 9 – 11 a.m.
Where: *Island Health Resource Center*
Cost: \$5

Skin Cancer Screening

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

When: Wednesday, July 20, 8 a.m. – noon
Where: *Island Health Resource Center*
Cost: FREE

Vitamin D Screening

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

When: Tuesday, Oct. 4, 9 – 11 a.m.
Where: *Island Health Resource Center*
Cost: \$30



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

Please give blood at Island Hospital

Thursday, July 7 & Thursday, Sept. 8
10 a.m. - 4 p.m.

Fidalgo/Burrows Rooms

Call 299-1309 for an appointment or info.

Gala of Hope honors the past and gives to the future

Under the wings of WWII aircraft, the spirit of the 1940s was reborn with jazz tunes playing, uniformed men and women celebrating, and even candy girls mixing with the crowd to sell a raffle ticket or ten. Above all, that grateful and celebratory spirit was revealed in the generosity that flows from gratitude and wishes to leave a legacy filled with brighter future.

The 13th Annual Gala of Hope, “Swing Under the Wings”, held April 23 at the Heritage Flight Museum, “actually gave wings to so many important programs and services provided by Island Hospital,” said Island Hospital Foundation (IHF) Director Jeannette Papadakis. “The response of our guests to the needs of our hospital and community was nearly overwhelming as raffle tickets and auction items were swept up and paddles were held high during the Heartstrings program.”

This year’s Heartstrings auction raised funds needed to purchase four new fetal heart monitors. After hearing Dr. Robert Prins and Dr. Nadine Foist provide a brief overview of the importance this equipment, the diagnostic information they provide and how they serve to ensure safe and healthy deliveries, Gala guests watched a video highlighting the experience of patients, families, nurses and physicians.

“The Heartstrings appeal alone raised more than \$137,000!” reported Papadakis. “I am so proud of our community for providing the best start for our youngest patients as they enter the world!”

A highlight of the Gala was the presence of Apollo 8 Astronaut Major General William “Bill” Anders, who also founded the Heritage Flight Museum and was named the Gala’s Honorary Chair.

“It was Major General Bill Anders’ innovative idea to hold our Gala event at this unique and historic museum,” Papadakis said. “The Foundation feels so fortunate and honored to have the continued support of Bill and his wife Valerie.”

IHF wishes to extend its gratitude to the over 75 committee members and volunteers who came forward to help put on an event of this size. Others to whom we give special thanks include:

Signature Sponsor: Jerry and Jan Barto, their



Those attending the 13th Annual Gala of Hope were able to (literally) Swing Under the Wings as they danced alongside historic WWII-era planes.

ninth year in a row serving as signature sponsors!

Gold Sponsor: Major General William and Valerie Anders

Silver Sponsor: Skagit Radiology

Bronze Sponsors: Dakota Creek Industries, Inc., LabCorp, Northwest Health Care Linen, Skagit Northwest Orthopedics, Tesoro Corporation, Trident Seafoods

Dessert Sponsor: Rick and Meredith Machin

Diamond Raffle: Burton Jewelers

Guest Gift: Ron and Anne Smith

Opening Reception: Island Hospital Medical Staff

Reception Cocktail: Cap Sante Marine

Theme & Décor: Intalere/HRS

Valet Parking: Troy Kunz

Wine: Rosario Skin Clinic

Patron Table Sponsors: Elise Cutter/Denise Jones/Vince Oliver/Dr. Robert Prins, Fidalgo Medical Associates, Furin & Company/Strandberg Construction, Anacortes Mayor Laurie Gere, Heritage Bank, Merchants Credit Association, North Puget Oncology, Shell Puget Sound Refinery, Skagit Bank, Synergy Sports Technology, and Steven and Linda Wilhoit. As well as nearly 100 more contributors whose donations helped to make this event possible.

While the Gala of Hope is a once-a-year event to which all are invited, the Island Hospital Foundation is tremendously grateful

to those who support IHF throughout the year simply because:

- We need to keep high quality healthcare independent and close to home.
- We provide community services that otherwise might not exist, like medical relief and cancer-patient support. Our wonderful Health Resource Center is open to all.
- We support the award-winning Psychiatry & Behavioral Health program that very few hospitals provide, and are fully funded by philanthropy.
- We provide a mental-health therapist in our schools, meeting a vital and necessary need. Positive outcomes are changing young lives early.
- New equipment is so expensive that the Foundation is sometimes the difference between outdated and state-of-the-art. Our patients and providers deserve the best.
- The hospital is ours: Everyone will need it at some point, and the Foundation does everything it can to ensure that its care is not only available, but excellent.
- We support free and low-cost health screenings, a critical part of preventative care.
- It is a privilege to support and strengthen our award-winning Island Hospital.

For more information about the IHF call (360) 299-4201 or visit www.islandhospital-foundation.org.



The staff of the award-winning Psychiatry & Behavioral Health program at Island Hospital.

Psychiatry & Behavioral Health program brings national honors

Two organizations recognize Island Hospital for innovative, collaborative approaches to providing mental-health services in challenging times

Charitable Service Award – Jackson Healthcare

Island Hospital received national honors as one of 10 programs to be awarded \$10,000 by Jackson Healthcare for impacting underserved communities. Along with adult services, the award recognized the program for Anacortes School District students that started in 2013 after a community health needs assessment showed a significant need for mental-health and substance-abuse intervention services. The IHF has supported the Psychiatry & Behavioral Health program at Island Hospital since it opened in 2010 through fundraising activities and donor support.

Jackson recognized 10 hospital-outreach programs for “innovative approaches to impacting lives in local communities around the nation,” according to its website. The winning programs each received unrestricted funds through the Hospital Charitable Services Awards, a national program sponsored by Atlanta-based Jackson Healthcare. Each program had to demonstrate excellence in community impact, innovation, collaboration, leading practices and replicability.

Specifically, Jackson noted that the Island Hospital program “takes on the challenge of overcoming Washington’s barriers to mental health access through an outpatient clinic – the first public hospital-sponsored clinic of its kind in the state.”

Healthcare Achievement Award – Intralere

The Psychiatry & Behavioral Health program at Island Hospital has been recognized for community impact and innovation by Intralere, which was formerly named Amerinet. The eighth annual Healthcare Achievement Awards recognized 13 U.S. hospitals – across four categories – for “successful initiatives providers implement to enhance quality and education.”

Each winning facility will be recognized at the 2016 Intralere member conference which will be held May 17-20 in Las Vegas, NV. In addition to being honored at an awards dinner, the winning projects will be highlighted in a professional banner session, video features and a best practices compendium.

Island Hospital was selected under the Community Impact and/or Innovation category, one of four earning this recognition. Other categories include Financial and Operational Improvement, Quality/Patient Care Delivery and/or Patient Satisfaction and Supply Chain/Data Management or Supply Cost Efficiencies.

“We are very proud of our Psychiatry & Behavioral Health program,” said Elise Cutter, Island Hospital chief financial officer. “The staff works very hard to provide high-quality care for our community when access to mental-health services can be very restrictive.”

Intralere provides supplies, technology, process improvement and more for the health-care industry.



Each year, Skagit Sun Berries has donated a portion of its Anacortes sales to the Island Hospital Foundation. In 2015, \$6,584 was given, bringing the total amount over the years to \$25,027. This spring and summer, Skagit Sun Berries will again operate a stand at 22nd and Commercial Avenue, and again will generously donate to the Island Hospital Foundation.



Soroptimist International of Anacortes (SIA) and Fidalgo Island (SIFI) delivered a large and appreciated collection of supplies for young families in need. In photo are (from left) Island Hospital Foundation Director Jeannette Papadakis; SIFI members Carol Olsen, Lynnette Setmire and Tere McCarroll; IH Lactation Specialist Effie-Jo Lindstrom RN; SIA members Leslie Dorn and Carol Garner; and IH Volunteer Michael Stark.

Anacortes Soroptimist clubs continue tradition of generosity for families in need

Local community-service clubs Soroptimist International of Anacortes and Fidalgo Island held their annual Community Baby Shower to benefit young families in need. Infant clothing, quilts, blankets, accessories and more were donated to give them a better start. All items received were greatly appreciated by Island Hospital on behalf of new moms and moms-to-be who need help.

The event was greatly supported by the community, including members of the

Fidalgo Island Quilt Guild, Safeway; Walgreens and The Market; as well as many generous individuals who made blankets and other accessories and purchased baby items.

This annual event has been held for the Island Prenatal Care Center (IPCC), which is now part of the Center for Maternal & Infant Care, located at Fidalgo Medical Associates. For information see article on page 8 of this issue or visit www.islandhospital.org.

Remembering

*Gifts received
January 1-April 15, 2016*

IN HONOR OF:

**Deniece Ballenger
Dr. Gjerset & the Oncology Unit
Home Health Team
Steve Wilhoit**

IN MEMORY OF:

Kody Anderson	Gene Landers
Thomas Bolton	Thomas & Cora Lewis
Lois Bradshaw	Thomas McClintock
Helga Brunson	Loretta Penrod
Kellie Carrion	Ida Persons
Allen Wayne Derting	Richard Smith
Doris Eader	Laura Thomas
Sandy Killion	

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

*1211 24th Street,
Anacortes, WA 98221*

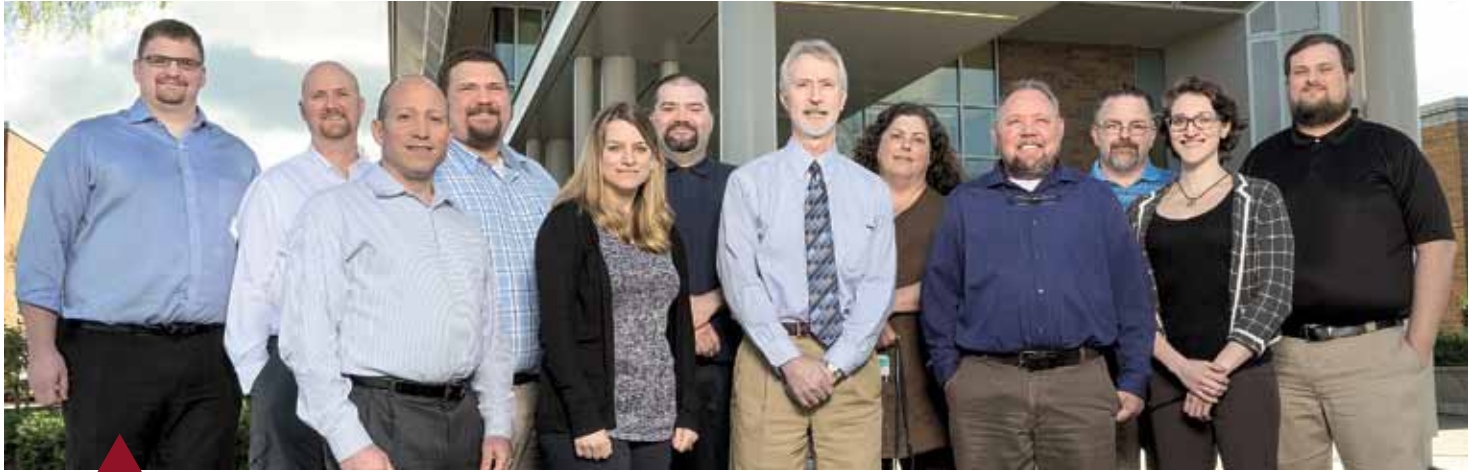
**For information
call (360) 299-4201**

Gifts & More Volunteers near pledge completion

Volunteers of Gifts & More recently presented a \$10,000 check to the Island Hospital Foundation (IHF), to reach \$90,000 of the \$100,000 capital pledge commitment. Taking part are (from left) Volunteer Coordinator/Gift Shop Manager Jenn Van Dyke, Volunteer Diana Holmes, Volunteer Bonnie Osgood, IHF Director Jeannette Papadakis, Volunteer Joan Hallenbeck and Volunteer Willa Cobb.



Volunteers are a vital part of service delivery at Island Hospital. On any day, they make significant contributions throughout the hospital campus. Please consider volunteering at Island Hospital and making a positive impact on patients, visitors, medical professionals and our entire community.



Island Hospital is fortunate to have an excellent Information Systems staff.

Information Systems keeps hospital connected

In modern healthcare, better information means better quality care. At Island Hospital, the Information Systems (IS) Department comprises 13 employees who keep the multitude of computer-assisted functions operating. The department is responsible for all data security, computer, network and health-information systems, as well as ensuring Island is utilizing the most advanced and relevant information technology available to assist patient-care, ancillary and support



IS staff in the Island Hospital data center where most of the 125 servers are installed.

departments.

The main responsibilities of IS are health-information systems; networks, data security and Internet connectivity; servers, workstations, printers and peripherals.

Island Hospital's electronic medical record (EMR) system holds all patient records and the move is on to replace all paper patient "charts" with digital. IS ensures that the EMR operates well and that records are kept safe and easily accessible. (For more about the EMR, see "As I see it..." column on page 3.)

Staying connected to the world outside Island Hospital is very important as much of what hospital employees do is heavily dependent on Internet connectivity. In patient care it's crucial that information can be verified quickly and accurately. IS must ensure that the hospital's secure network connections stay up and running at all times.

As everything in healthcare being, or going electronic, it is vital to the operation of Island Hospital that all parts are functional. Infrastructure is a term typically used to describe roads and bridges, but for IS it's about supporting, maintaining and upgrading 700 computers used by 775 employees, and 125 servers dedicated to the managing, storing, processing and transmitting of all data that comes and goes from the hospital on a daily basis. This includes, but is not limited to, the information so critically needed to properly diagnose and treat our patients. IS is responsible for administering and supporting servers, workstations, printers and anything else that is connected to them.

Along with the day-to-day operations, IS is

involved in most major hospital projects, including these current initiatives:

- Electronic medical record system (EMR)
- Regulatory requirements such as *Meaningful Use* and quality reporting
- Network core restructure
- Wireless network upgrade
- Business continuity
- Interfaces: immunization, pathology, laboratory
- Universal service administration (USAC)

IS Director Tom Bluhm is very confident his staff of 12 can meet any and all challenges. "We are very fortunate to have this excellent and dedicated staff," he noted. "We have a diverse range of backgrounds that give us insight and experience on how best to meet each need as it arises."

Along with Bluhm, the IS Department includes:

- Joe Bach, Desktop Administrator
- JoAnn Fain MT, Clinical Analyst
- Eva Hardesty MSN, RN, Clinical Informatics Specialist
- Gary Harr, Database Administrator
- Holly Hoskinson MSN, RN, Clinical Informatics Coordinator
- Kyle Hull, Desktop Administrator
- Anne Ijams, Project Manager/MPM Analyst
- Jeremy Kay, Systems Engineer
- Scott Pyke, Help Desk Administrator
- John Silver, Network Administrator
- Shane Taylor, Network Engineer
- Jake Tuck, Network Administrator
- Julie Worthington, Clinical Informatics Specialist

RELAY *continued from page 7*

years old when she first joined her grandma (my mother) in the Survivor Lap. Kaeleigh is now 17 and hasn't missed a year. Cousin Amy, a cervical cancer survivor, also walks the Survivor Lap.

In memory of those who have passed; in celebration of those who have survived; in support of those who are diagnosed with cancer in the future and, most importantly, in support of finding a cure; I invite and encourage anyone who reads this and is able to join one of the IH Relay for Life teams and join us in our walk.

The 2016 Anacortes Relay for Life takes place June 25, Memorial Field, 1600 20th Street, Anacortes. Contributions to Relay for Life can be made online by visiting <http://relay.acsevents.org>, where you may select sponsorship of an RFL site, team member, a team, or make a general donation.

CARLSON *continued from page 7*

In 2009 Carlson and her husband welcomed a new responsibility in the form of their treasured baby girl.

When Carlson learned, in 2012, that an ER patient was to be discharged but had nothing but a hospital gown, she went home and returned with clothing and shoes – little things that had been provided to her at the shelter that had meant so much. The Patient Pack Program was born. Today, Carlson personally assembles the packs (presented to ER or in-patients in need) and applies for grants from the Soroptimists to keep the program funded.

Carlson recently revisited the terror she had felt as a child going into surgery and guided IH's instatement of little IV decals that feature superhero logos and designs "to help comfort our sometimes most scared and vulnerable population," she said.

"As Housekeeping Supervisor," Carlson says, "I take pride in being a part of keeping Island Hospital's Promise. In doing the 'little things,' I feel I am living the Promise."

Carlson's "little things" projects are funded through the Island Hospital Foundation (IHF). To donate or learn more, you are invited to call the IHF office at (360)299-4201.

Patient Accounts remodels customer counter



Financial Systems Analyst Jean Cooper stands behind the new counter in the customer-service area of the Island Hospital Patient Accounts Department, where clients can inquire about and pay hospital bills. The area was remodeled to provide a confidential space to discuss personal information, away from high-traffic areas and public meeting rooms nearby.

IH meets challenge with more than 50 million steps

In January, 160 participating employees, commissioners and volunteers were randomly chosen to one of four teams in the Island Hospital Step-Up Challenge. Over the next four weeks, nearly 53 million steps were logged, but not just for walking and running. Team members used a chart to convert a wide range of activities – including weightlifting, cycling, gardening, dancing and more – to steps.

Results

1st Place: Pace Makers (Captain: Denise Jones RN) - 13,944,198 steps / 6,990 miles

2nd Place: Shoe-Ins (Captain: Elise Cutter) - 13,382,817 steps / 6,708 miles
3rd Place: Rugrats (Captain: Bob Prins MD) - 13,091,300 steps / 6,562 miles
4th Place: InVINCEables (Captain: Vince Oliver) - 12,524,064 steps / 6,278 miles

Top Individual Participants

Chris Matala (Shoe-Ins) - 1,238,570 steps
Bryan Cox (Pace Makers) - 967,600 steps
Dennis Richards (InVINCEables) - 899,915 steps
Mac Kelly (Shoe-Ins) - 751,630 steps



Steppin' Up – Team captains and top participants in the Step-Up Challenge were (from left) Chief Financial Officer Elise Cutter, Marketing Director Dennis Richards, CEO Vince Oliver, Director of Supply Chain Chris Matala, Sterile Processing Technician Mac Kelly, Chief Patient Care Executive Denise Jones RN and Chief Medical Officer Bob Prins MD.

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