



ISLAND HOSPITAL

Spring/Summer 2018

# Heartbeats

*Magazine*



**Pain Management adds  
interventional pain and  
headache specialists p. 5**

**Island Hospital launches new  
medical record system p.2**  
**Gala of Hope sets new record p.20**

# Why it may take longer for your next hospital or clinic visit



Island Hospital is implementing a new electronic medical-record (EMR) system that will be operational beginning May 1, 2018. When patients register for any service on or after May 1, staff will be diligently reviewing medical-record information with each client, which may take a bit longer.



All Island Hospital and clinics patient information will need to be checked for accuracy as it is transferred into the new EMR at their next visit. This needs to be done even if you're already an established Island Hospital or clinic patient, or if you're registering for a service you're currently utilizing (cardiac rehabilitation, physical therapy, etc.).

"While it may take longer at your initial hospital or clinic visit," notes Robert Prins MD, Island Hospital Chief Medical Officer, "subsequent visits will be much quicker with the new EMR."

For those registering for a hospital service, Patient Access Department staff will need approximately 10 minutes more to set up each patient, and input personal information into the new system.

Registering at your next clinic visit will take a bit more time as staff will need to carefully check all information that has been imported. In addition, clinic staff will take a photo of each patient to be part of the new medical record. The first post-May 1 visit with the provider will also take longer as they will be ensuring your personal information (such as allergies) is absolutely correct.

"We understand that time is valuable to everyone and we are working to make this process move as quickly as possible," said John Mathis MD, Island Hospital Chief Medical Informatics Officer. "Care must be taken to ensure we set up each patient's new record as accurately as possible. We appreciate everyone's patience as we go through this initial process."

The new EMR spans all Island Hospital and clinic services, so each patient has one record for all services located here. Therefore, this process will not need to be repeated and eliminates the need to fill out duplicate forms at each point of service (as is the current practice).

The new EMR offers numerous benefits to patients for the long term, including:

- Better, more-accurate recording of patient info.
- Hospital-wide consistency with your information immediately available at every IH department and clinic.
- Streamlined and standardized for patient convenience, no need to sign similar forms from clinic, to specialty care, to IH services.
- Better information advances patient safety.
- Your information continues to be secure.

Once you are in the system and through your first provider visit, ensuing visits will be much more efficient. Your medical record will be comprehensive and include your information from all hospital services including clinics, rehabilitation, diagnostics and others.

So please be aware that it may take a few more minutes to register for any service, including the following:

- Island Hospital
- Birth Center
- Cardiac Rehabilitation
- Diagnostic Imaging
- Xray, MRI, Ultrasound, CT scan, Mammogram, etc.
- Dietitian appointments
- Emergency Department
- Island Surgeons
- Laboratory draws
- Merle Cancer Care Center
- Occupational Therapy
- Physical Therapy
- Pulmonary Rehabilitation
- Respiratory Care Services
- Speech Therapy
- Surgical Services

## CLINICS

- Anacortes Family Medicine
- Fidalgo Medical Associates
- The Headache Clinic
- Center for Maternal & Infant Care
- Center for Pain Management
- Psychiatry & Behavioral Health
- Sleep Wellness Center
- The Walk-In Clinic
- Wound Care

For more information visit [www.islandhospital.org/EMR](http://www.islandhospital.org/EMR) or call the Resource Center at Island Hospital, (360) 299-1397.

**COVER PHOTO:** Pain Interventionist Robert Billow DO and Headache Specialist James Moren MD have joined Headache Specialist J. Michael Jones MPAS-C at the Center for Pain Management.

## Thank you for exceptional work

On behalf of the Board of Commissioners of Island Hospital, I want to extend our sincere appreciation to the entire staff at Island Hospital and affiliated clinics for extraordinary and meticulous efforts to implement the new Meditech 6.16 electronic medical-record system. From the start of the project – to decide which system would be most efficient and cost-effective – to this month's launch, staff hospital-wide have dedicated themselves to delivering an outstanding, robust and advanced record system to serve our community for many years to come.

*Paul H. Maughan PhD*  
President

*The Island Hospital Board of Commissioners is elected by Skagit County Public Hospital District No. 2 residents to oversee strategy, policy, finances and operations for Island Hospital and Island Specialty & Family Care Clinics. The District comprises Fidalgo, Guemes, Cypress and Sinclair islands.*





# As I See It...

By Vince Oliver, IH Chief Executive Officer

## Electronic medical-record system is investment for the long term

Sixteen months ago this message described the conscientious and detailed examination taking place for a new electronic medical-record (EMR) system for Island Hospital. Anticipating the cost to be \$10 – 17 million, we began an exhaustive, nine-month evaluation process to find the best system to serve the entire organization.

We chose Meditech Expanse at a cost of \$12 million to be paid over seven years. We hired Murray Laidley, an experienced and proven leader of large-systems initiatives, to facilitate the implementation process. Implementation of any organization-wide system is vitally important to a smooth transition, and the ability to take advantage of all it has to offer. Making the change to a new EMR has proven to be very challenging at other healthcare organizations, so we learned from others and took great care in how we accomplished this transition.

I'm proud to say that we accomplished our goals. The new EMR is up and running well, with very few glitches. Island Hospital staff have noted the improvement in recording and retrieving patient information, from all areas of the organization. Our previous patient record-keeping relied on multiple systems and were not integrated as our new single platform EMR.

In addition, this system will

- support future partnerships.
- support physician recruitment and retention.
- comply with federal requirements.

- have "population health" capabilities.
- offer real-time data for decision support and planning.
- add enhanced measures for patient safety and security.

Over time I believe our patients will notice that this EMR is more time-efficient with no duplicated forms from one service to another, offer easier access to their health information and enables uniform, higher quality healthcare.

Our community in general also benefits with this long-term investment in the hospital's infrastructure as it facilitates our dedication to continuously improve healthcare. Our EMR can compile system-wide information to use for population health, improve the ability to address key community-health issues and offer real-time data that can support large-scale initiatives. In addition, Island Hospital will significantly reduce our use of paper.

I extend a special thank you to the IH Information Systems (IS) Department for leading us through a very difficult and meticulous process. Island Hospital is fortunate to have so many multi-talented employees who took on more work to make this new EMR possible.

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

### Our Mission:

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

#### Island Hospital

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

Correspondence to commissioners can be sent to:

COMMISSIONERS

c/o Administration

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Anacortes, WA 98221-2590

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#### Heartbeats

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## 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
- Headache Clinic
- Island Surgeons

- Island Hospital Sleep Wellness Center
- Skagit Regional Clinics – Cardiology
- 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.

## Our Promise

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

# New to Medicare or not, make the most of your annual wellness visit

by *Raschel Richards*

Clinic Representative, Anacortes Family Medicine

One important benefit offered free annually to all eligible beneficiaries of Medicare Part B (and Medicare Managed Care plans, i.e., Medicare Advantage) is the annual wellness visit (AWV).

## AWV is not a routine physical

As the name says, the AWV is an annual visit with your healthcare provider designed to help prevent disease and disability through prevention and monitoring of your risk factors. New and existing chronic diseases will need to be addressed in separate visits with your primary care and specialty physicians.

The AWV is not a routine physical and does not include a hands-on exam or screening blood tests. It does provide an annual update of your medical record, and creates a personalized screening schedule of preventive

services to help find problems early when treatment is most effective.

Based on your individual health needs, your provider will coordinate screening and preventive services covered under Medicare Part B, such as:

- Bone-mass measurements
- Cardiovascular-disease screening test
- Colorectal-cancer screening
- Diabetes screening
- Glaucoma screening
- Influenza, pneumococcal and hepatitis B vaccinations
- Prostate-cancer screening
- Cervical-cancer screening w/human papillomavirus (HPV) tests
- Lung-cancer screening w/low dose computed tomography (LDCT)
- Screening mammography
- Screening Pap tests
- Abdominal aortic aneurysm (AAA) ultrasound screening
- And more.

## Make the most of your AWV

Before your appointment, learn more about the AWV at [www.medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams](http://www.medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams).

Then, prepare yourself with family and health history, medical records including a list of immunizations, current medications and supplements, and current providers and suppliers involved in your care.

Call your clinic to schedule your annual wellness visit or request an appointment on the myIslandHealth patient portal. Not a patient portal user? Go to [www.islandhospital.org](http://www.islandhospital.org) for more information.

Navigating the complicated world of Medicare can be confusing. To get the most from this insurance, get educated about what Medicare will and won't cover. The Island Hospital SHIBA (Statewide Health Insurance Benefits Advisors) program provides free Medicare counseling, even confidential one-on-one appointments. To contact SHIBA, call (360) 299-4212.

# Cardiopulmonary Care Center assists physicians, patients with ZIO cardiac-monitoring system

Island Hospital's Cardiopulmonary Care Center (CPC) is excited to be assisting physicians and their patients who are candidates for detection and diagnosis of irregular heart rhythms. ZIO, developed by iRhythm Technologies Inc., is ideal for patients who may be asymptomatic or who may be suffering from symptoms such as palpitations, shortness of breath, dizziness, light-headedness, syncope/pre-syncope, fatigue, and anxiety.

The ZIO system includes a continuous cardiac monitoring device that utilizes a patch that is worn from 3 to 14 days – as determined by the attending physician. The patch records heart rhythms throughout the monitoring period while patients simply go about their daily activities. The ZIO patch may be worn in the shower, during moderate exercise sessions and without disruption of sleep.

Without need for wires or a battery change, the patch is secured directly to the patient's chest by CPC staff. Upon completion of their prescribed wearing schedule, patients remove the patch and



mail the device in a preaddressed, prepaid-postage box to iRhythm. The iRhythm team then analyzes the heart rhythms, and specially trained cardiac staff generate a complex report for your physician.

The Zio system is covered by most insurance plans with a physician's referral.

The Cardiopulmonary Care Center is located at 2511 M Avenue, Suite H, Anacortes. Phone: (360) 299-4242.

## Dinner at the Bistro!

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

**Dinner served 4-7 pm**  
Weekdays (excluding holidays)

The Bistro at Island Hospital 1211 24th Street, Anacortes

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

Browse our menu at [www.islandhospital.org](http://www.islandhospital.org)

## Mayo Clinic-trained Robert G. Billow DO joins Center for Pain Management

Robert G. Billow DO is now providing interventional pain-relief services at Island Hospital. A board-certified Physical Medicine and Rehabilitation Specialist, Dr. Billow brings expertise gained from his training at the Mayo Clinic and 17 years in clinical practice. He is highly experienced in non-surgical orthopedic care including interventional spinal procedures, ultrasound-guided diagnosis and treatment of joint and tendon injuries, as well as electro-diagnostic testing of nerve disorders.



earned his Bachelor's degree in Molecular, Cellular, and Developmental Biology and Psychology in 1990 from the University of Colorado, Boulder. He received his Doctor of Osteopathic Medicine in 1997 from Nova Southeastern University College of Osteopathic Medicine, Fort Lauderdale, FL. He completed his internship at Presbyterian/St. Luke's Medical Center, Aurora, CO, in 1998; and in 2001 fulfilled his residency in Physical Medicine and Rehabilitation at Mayo Clinic, Rochester, MN.

Having trained at the Mayo Clinic, Dr. Billow strives to uphold the three Mayo Shields: Patient Care, Research and Education. Over the years he has engaged in multiple national presentations, teaching of peers, as well as being recognized for his work in several peer-reviewed journals including *JAMA (Journal of the American Medical Association)* and the *Mayo Clinic Proceedings*. Prior to joining the Center for Pain Management, Dr. Billow served patients in Skagit and Island Counties for 17 years as Interventional Spine Specialist.

This allows Dr. Billow to treat many areas of the body in a non-surgical fashion:

- back, neck and spine
- elbow, hand and wrist
- knee, hip and shoulder.

In brief, he provides non-surgical care related to orthopedics, sports medicine, physical medicine and rehabilitation.

Dr. Billow's medical career has taken him around the country. He

**DR. BILLOW** continued on page 22

## A patient writes in praise of J. Michael Jones MPAS-C



**J. Michael Jones**

*The patient whose words are written below was adamant in his desire to show his appreciation of headache specialist J. Michael Jones MPAS-C, but out of privacy concerns, he requested that his name be withheld.*

I don't really know when the headaches began; but when I run into people who haven't seen me since I was a kid, they ask if I still get those headaches. About 20 years ago, my migraines became much worse. Before seeing Michael Jones, I had gone to the emergency department three or four times to be treated for a migraine that I could not control.

Making plans is always a challenge because of not knowing when a migraine will hit. Brightly lit areas and certain sounds can be overwhelming. I try to avoid crowded places. Migraines caused anxiety and depression that I never had before. I believe that checks for depression are very important for migraine sufferers and should be part of the basic migraine treatment.

The neurologist I was seeing moved out of the area and that is when I found Michael [J. Michael Jones MPAS-C].

**THANKS** continued on page 22

## Headache Specialist James "Jim" A. Moren MD joins Island Hospital

Bringing more than 40 years in medical practice, including 20 contiguous years as a headache specialist, Dr. Jim Moren has joined The Headache Clinic at the Center of Pain Management (CPM) at Island Hospital, where he provides patients aged six years and older who suffer from headache pain with the latest researched and evidence-based treatments.



"I look forward to serving the Island Hospital community with compassionate, competent and correct diagnosis and treatment of headache disorders," he said.

Dr. Moren received his Bachelor's degree from Yale University, New Haven, CT, in 1971 and earned his Master's in Medical Sciences from the University of Nevada, Reno, in 1973. He obtained his Doctorate of Medicine from Emory University, Atlanta, GA, in 1975 and completed his residency in 1978 at Highland Hospital, University of Rochester, NY, where he was both Co-Chief Resident and a medical educator for Project HOPE in Jamaica during his final year.

Following his move to northwest Washington, Dr. Moren was employed part time as a family physician by British Petroleum at the Cherry Point Refinery, Ferndale. He was an original owner of North Sound Family Medicine, where he served from 1979 to 2009. He was then employed part time by Western Washington University Health Care Clinic, followed by The Everett Clinic. From 2010 until September 2015, Dr. Moren worked for the VA in Mount Vernon at their CBOC (Community Based Outpatient Clinic) as a provider and Medical Director. During this time, he and J. Michael Jones MPAS-C

**DR. MOREN** continued on page 22

## Great news for migraine sufferers!

For 30 years researchers have been working on a new generation of migraine preventatives called CGRP antagonists. It was learned in late April that the first of these – made by Amgen and called Aimovig® – will be released May 28, 2018. It is a once-a-month shot under the skin and will hopefully prevent most of their

headaches. Since this treatment cannot be simply prescribed like other medications, you must be seen by a provider to get started. If you are interested in this therapy, schedule an appointment at The Headache Clinic at Island Hospital after May 28, by calling (360) 299-4929.

# Wound Care Center welcomes Sheila Tomas BSN, RN, CWON, CFCN



Highly regarded for her knowledge and skills, and certified in the three disciplines of foot care, wound care and ostomy, Sheila Tomas BSN, RN, CWON, CFCN was named Clinical Nurse Manager of the Warren Potash Wound Care & Hyperbaric Medicine Center – a service of Island Hospital in partnership with Restorix Health Services.

Tomas earned her Bachelor of Science degree in Nursing in 1990 from Dominican-St. Luke's School of Nursing, San Rafael/San Francisco. She was certified by the Wound, Ostomy and Continence Nursing Certification Board (WOCNC) in 2014 (Ostomy), 2015 (Wound Care) and 2016 (Foot Care). Prerequisite to each certification

is, at minimum, a bachelor's degree in nursing and several months in university settings to gain additional education and skills in each discipline for which certification is sought.

Tomas' 28 years of nursing experience ranges from (to name a few) Senior Nursing Assistant, Neurosurgery/Neurology, University of California, San Francisco (USFC), to RN Clinical Nurse II, Neurosurgical/Neurological ICU, UCSF, to RN Case Manager, Midpeninsula Home Care and Hospice, Menlo Park, CA. At the latter, Tomas said, "I honed my skills in independence and communication in this setting, since in the field it is just your own skill that you and your patients depend upon. During this time I became fascinated with wound care." She was also RN Team Leader, Seton Hospital, Moss Beach, CA.

Since her move to the Pacific Northwest, Tomas has served as RN Case Manager, Curative/Diversified Clinical Services, Cascade Valley Hospital, Arlington; RN, per diem, Wound Care & Hyperbaric Medicine Center at Island Hospital and as RN and Owner of Örum Nursing in Anacortes.

*The Wound Care & Hyperbaric Medicine Center is located in the Medical Arts Pavilion, 1015 25th St., Anacortes. While primary care physician referral is required, you are invited to call the Wound Care Center at (360) 899-4600 for information and assistance.*

## Herbie Yung MD joins Skagit Northwest Orthopedics

Specializing in physical medicine & rehabilitation and interventional spine (PM&R), Dr. Herbie Yung has joined Skagit Northwest Orthopedics after having served patients at Virginia Mason Medical Center, Seattle, since February 2017.

Dr. Yung received his Bachelor's degree from a Illinois Wesleyan University, Bloomington, in 2008 and his Doctor of Medicine degree from Ohio State University College of Medicine, Columbus, in 2012. He fulfilled his residency training in PM&R at the University of Pittsburgh Medical Center, PA. He was then awarded a fellowship and received extensive specialty training at the VA Greater Los Angeles Healthcare System.

Dr. Yung takes a comprehensive approach to patient care. Working closely with his patients, he seeks out the root source of pain to ensure patients can have reduced pain and improved quality of life. With extensive knowledge of the latest treatments and techniques for chronic bone, joint, muscle, and nerve-related pain, he offers a broad range of nonsurgical treatment options and pain diagnostics – including epidural steroid injections, facet joint and sacroiliac joint injections, electromyography and nerve conduction studies, nerve blocks, platelet-rich plasma therapy, and spinal cord stimulator implantation.

Board certified by the American Board of Physical Medicine and Rehabilitation and Pain Medicine, Dr. Yung is a member of the American Academy of Physical Medicine and Rehabilitation, American Medical Association, American Society of Regional Anesthesia and Pain Medicine, North American Neuromodulation Society, North American Spine Society and the Spine Intervention Society.

For appointment call Skagit Northwest Orthopedics at (877) 418-7920.



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

**Please give blood at Island Hospital**

**Monday, July 9 & Thursday, September 6  
10 a.m. - 4 p.m.**

**Fidalgo/Burrows Rooms**

Call 360-299-1309 for an appointment.

## 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**

1110 22nd St., Anacortes  
HCA Center of  
Excellence/Preferred  
Provider



[www.islandhospital.org/sleepwellnesscenter](http://www.islandhospital.org/sleepwellnesscenter)

## Heather Gutierrez PAC, new at Island Internal Medicine



Certified Physician Assistant (PA-C) Heather Gutierrez has joined Island Internal Medicine (IIM)/La Conner Medical Center after receiving her Bachelors of Clinical Health Services – Physician Assistant Studies, graduating August 2017, from the University of Washington’s MEDEX Northwest Physician Assistant Program (where she had made the

Annual Dean’s List in 2015). She was certified by the NCCPA in September of 2017.

Gutierrez earned her Associates in Technical Arts – Medical Assisting and Phlebotomy in 2006 from Skagit Valley College. Seven years later, she met MEDEX Prerequisites at Central Washington University, and the following year she fulfilled all MEDEX Prerequisites at Western Washington University.

Her clerkships during her clinical rotation – served in Tacoma, Silverdale, Mount Vernon, Bellevue and Arlington – include inpatient mental health, general surgery, cardiology, urgent care, infectious disease and OB/GYN. She additionally had lengthier rotations in under-served primary care (family practice) and primary care preceptorship (internal medicine/hospitalist) in Anacortes.

Gutierrez entered her career as a certified medical assistant (CMA) at Anacortes Family Medicine in 2006. Later that year, she was an American Red Cross volunteer serving Okinawa Japan, where she remained until 2009, working at USHN Okinawa Lester Pediatrics Clinic. She was then employed as a CMA by IIM and, later, as a medical scribe by IIM’s David Brown MD. From 2013 until joining FMA, Gutierrez worked with Diane M. Arvin MD in Bellingham.

Gutierrez is a student member of the American Academy and Washington State Academy of Physician Assistants.

Island Internal Medicine is located at 912 32nd Street, Suite A, Anacortes. Phone: (360) 293-4343.

## FMA names Stacy Helming Clinic Manager



Fidalgo Medical Associates (FMA) recently named Stacey Helming as its Clinic Manager, a position in which she is highly qualified to provide operation support, efficiency and process improvements – streamlining the organization while providing enhanced customer satisfaction.

With a Master Certificate in Applied Management from Villanova University, Helming is additionally anticipating receipt of her Bachelor’s degree in Business Administration from the University of Phoenix this June. She is a Crucial Conversations Certified instructor, and with over 11 years of Six Sigma experience and certification, she currently holds a Six Sigma Black Belt and has (among other noteworthy accomplishments) increased satisfaction of both provider and patient as well as decreased Medicare denials by 60% in her previous positions.

Helming has held managerial positions since 1999, first with Dignity Health, headquartered in San Francisco. She comes to FMA from PeaceHealth Laboratories, Bellingham, where she oversaw 29 laboratories and 13 in-office phlebotomists in Washington and Oregon.

“I was thrilled to be given this opportunity by Fidalgo Medical Associates to utilize my skills to oversee operations at this great clinic,” Helming said. “I feel very fortunate indeed to have three beautiful children, a loving husband-to-be and live in a community where I can be an active member by being involved in women’s organizations and charities that can utilize my experience with career education, confidence-building and support.”

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

## Meet Julie McKee, Health Resource Coordinator



One needs to be truly resourceful to meet the demands of Island Hospital’s Health Resource Coordinator, and Julie McKee is precisely that and more.

She hit the ground running immediately following

her high-school graduation and worked as a drive-up/vault teller for Whatcom Educational Credit Union, where her responsibilities were many. Two years later her marriage took her to her husband’s hometown of Vancouver, WA,

where she worked seven years as Operations Representative/Accounting for Fortune 500 Company C.H. Robinson Worldwide, Inc. Wanting quieter surroundings, she and her family bought a home in Anacortes and, in August 2017, she was named Patient Appointment Coordinator for Fidalgo Medical Associates, a position she yet holds.

Named Health Resource Coordinator in January, McKee provides trusted health-resource services to a variety of patients, their families and interested parties in the community. She oversees the SHIBA Medicare program for Skagit and San Juan counties, obtains and updates numer-

ous health resources and works with internal healthcare professionals as well as external agencies to maintain current solutions for patient healthcare concerns.

“My self-expectation is to leave an individual with a positive experience,” says McKee. “If I am personally unable to solve an issue, it is my responsibility to never end interaction with a person lacking direction, but rather to seek out the resources they need.”

The Health Resource Center at Island Hospital is located at 1211 24th St. (lower level, just behind the heliport), Anacortes, and can be reached at (360) 299-1397.

# What is palliative care?

The word palliative is used to describe a remedy that is focused on providing relief from the symptoms and stress of the illness rather than to treat its root cause. In our everyday lives, we use palliative-remedy medicines, such as pain relievers or bromides. We know the comfort found in a shared hug or in the kiss planted on a child's scraped knee.

In a medical setting, palliative care is provided by a specially trained team of doctors, nurses and other specialists who work together with a patient's primary providers to deliver an added layer of support to patient, family and loved ones. The goal is to improve quality of life for those affected by diagnosis of a serious illness.

Palliative care is appropriate at any age and at any stage of a serious illness, from diagnosis through treatment (including curative treatment) to end of life. Serious illnesses may include cancer, heart disease, lung disease, kidney disease, Alzheimer's, HIV/AIDS, myotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's and more.

## The differences between hospice and palliative care

Patients are eligible for hospice when doctors believe they have roughly six months or less to live. Palliative care is not confined to end-of-life care and can be provided over a period of weeks, months or years. Moreover, it can work with a long-term treatment plan that aims at patient recovery and healing.

While, like hospice, palliative care can include pain management, help with understanding care options near the end of life, help at home and emotional support for patients and loved ones. Depending on



insurance arrangements, eligibility may be different for hospice and palliative care.

## Palliative care at Island

Beginning late summer 2018, Island Hospital inpatients may request palliative care from their healthcare provider, who will then enter a consultation for the service. *Please note: This service must be requested.*

With the close communication that palliative care provides, patients and their loved ones are better able to choose options that are in line with their values, traditions and culture – thus improving the well-being and peace of mind of all concerned.

For more information contact Denise Jones at (360) 299-1361 or Tracy Donovan at (360) 299-2041.

# IH speech-language pathologists: More help than you might know

Island Hospital speech-language pathologists (SLPs) provide comprehensive evaluation and treatment to children and adults with disorders ranging from aphasia, neurologic diseases (Parkinson's, MS, CP, ALS, dementia, etc.), apraxia of speech, dysarthria, voice disorders and swallow difficulties.

Symptoms of a speech pathology include:

- difficulty finding words or expressing thoughts
- trouble articulating speech
- struggling to follow or "keep up with" conversations
- slowed mental processing of information
- trouble planning and following through on a schedule
- difficulty focusing attention or being easily distracted
- memory lapses
- disorientation to time, place, events or people.

Committed to providing service of the highest quality and to achieving measurable results, our clinicians have more than 30 years combined experience and regularly participate in continuing education in meeting the standards of the American Speech-Language Hearing Association.



Coordinating and complementing speech therapy services with patients' medical teams, they apply evidence-based therapy techniques that are proven to bring optimal results.

IH SLPs are accepting new patient referrals and welcome the opportunity to discuss the best plan of care for the greatest outcome to meet your needs.

Located in the Medical Arts Pavilion, 1015 25th Street (lower level), Anacortes, Speech and Language Therapy can be reached at (360) 299-1328; or visit [www.islandhospital.org](http://www.islandhospital.org).

# Auxiliary sees funds increase due to creativity

by Betty-Anne Ely  
Auxiliary President

This year has been another very positive one for the Island Hospital Auxiliary (IHA). We are becoming increasingly creative, and it shows in our receipts, with most of our fundraising events far-surpassing those of recent years. To summarize a few:

## Candygrams

Valentines' Day is Candygram Day at Island Hospital. It is the perfect day to say to a co-worker, "thank you" or "I'm thinking about you." The Auxiliary personally delivers these to each designated employee. Great-tasting hugs, they buoy up hospital morale, making this one of our most fun events. This year we not only sold a record 431 candy bars, up 100 from last year, but also sold out early! Once again our thanks go to Anacortes Walgreens and to the IH Medical staff for assisting with this event.

AUXILIARY continued on page 10



# Where should you go for care?

In times of injury or illness, it can be difficult to decide which level of medical care one needs. Unless there is a life-threatening emergency, it is recommended that care starts with your personal clinic.

Your physician clinic is the place for common illnesses, minor injuries, regular physical exams and health problems when advice is needed. Your healthcare provider knows your health history, including any underlying conditions you may have. Many primary-care clinics offer extended hours to accommodate busy schedules.

## Emergency departments

Hospital emergency departments are for very serious problems such as chest pain, severe abdominal pain, severe burns, uncontrolled bleeding, breathing difficulty, sudden dizziness or loss of balance, numbness in face, arm or leg; severe headache, seizures, high fever or any condition felt to be life threatening. If you experience any of these, call 911 immediately or get someone to drive you to the nearest emergency department.

Using an emergency department for non-emergent problems has its downside:

- An emergency visit will cost you far more than your provider's office or urgent care, as much as three times more.
- The visit will take longer and, if not a serious problem, you may experience a longer wait since emergency departments help patients based on severity.
- You will see a provider that probably is not familiar with you and your medical history.

The Emergency Department of Island Hospital holds a Level III Trauma Designation (Level II for stroke). This means that emergency physicians and providers are on site 24 hours per day, seven days a week. The higher stroke designation is made possible by a collaborative effort with Swedish Neuroscience Institute that links the Island Hospital Emergency Department to Swedish Medical Center's renowned stroke experts via real-time videoconferencing.

## Walk-in clinics

Walk-in clinics – often referred to as urgent care or immediate care – provide care for non-life-threatening medical problems that could be worse if not treated. These clinics offer walk-in visits and typically have extended weekday and weekend hours. Care provided by walk-in clinics includes common illnesses

*As exemplified by Kristy Hayes RN, a highly qualified staff of professionals meet rigorous national patient-care standards at the Merle Cancer Care Center at Island Hospital.*



# Cancer care at Island Hospital, comparable to any in U.S.

When Island Hospital (IH) initiated its cancer program in 1979, it set its sights on earning accreditation from the American College of Surgeons Commission of Cancer (CoC) – the gold standard of cancer-care accreditation and whose standards number at least 50. IH achieved this national accreditation only two years later, in 1981, and has retained this accreditation ever since.

Not content to provide family, friends and our larger community with anything less than the best, the services offered by the Center were expanded, facility space was enlarged, equipment is continually updated, furnishings and décor are comforting yet stimulating, and today's Merle Cancer Care Center (MCCC) goes beyond the CoC regulations with its staff specially trained and experienced in the physical and emotional elements of a cancer diagnosis, while offering:

- Chemotherapy
- Non-chemotherapy medication administration
- Blood product transfusion
- Private visits with physicians and a nurse practitioner
- Referral to radiation therapy
- Personalized genomic therapy
- Emotional and educational support
- Coordinated access and consultation with oncology experts at Seattle Cancer Care Alliance, Virginia Mason, UW Medical Center and other specialists throughout the Pacific Northwest region.

“The Merle Cancer Care Center is also a participating member of the National

Comprehensive Cancer Network, or NCCN,” explained Enid Oates, MCCC Director. “This means we are networked to world renowned experts who continually update a database that holds evidence-based treatment options whose recommendations take into account variables such as the type of cancer, its stage and condition within that stage and other drugs that are being or have been used.

“Treatment is personalized yet standardized in most regards,” she continued. “Most cancer centers nationwide faithfully utilize NCCN data and recommendations without variance. We give the identical treatments as all cancer centers do – unless you're looking for experimental programs, or clinical trials, in which case you'd need to leave home and go to Seattle or beyond.”

With five nurses certified in oncology (also required to be chemotherapy/biotherapy certified), doctors who are board certified in oncology (or soon will be) and an oncology-certified navigator/social worker, patients can have full confidence in each staff member and know that the best protocols are known and used.

The Merle Cancer Care Center is at par with cancer centers nationwide. What makes the huge difference is that this top-quality care is available right here, in Anacortes, and thanks to the generosity of our community, future upgrades will enable MCCC patients to save 1.5 hours during their infusion visits.

For more information call (360) 299-4200, or visit [www.islandhospital.org/cancercare-center](http://www.islandhospital.org/cancercare-center).

**WHERE TO GO** continued on page 22

# When is it time to talk about hospice?

When a medical crisis occurs, people can crash into the truth about a loved one's health. If a patient reaches a point where treatment for an illness is no longer working or the side effects of treatment are worse than the actual disease, decisions about next steps need to be made.

Hospice is a medical benefit designed to provide holistic, compassionate care for patients in their home at the end of life. Individualized care plans and medication modifications are made to align with the personal goals of each patient. With a mandate to neither hasten nor hinder death, hospice care is in fact designed to manage problems before they escalate and to provide support to the patient and loved ones.

As with all things in life, being prepared for this final chapter gives a sense of security and peace of mind. Because death is a part of life, establishing what is important is unique to each person, and can change as we age. For example, a young mother with three children might want every intervention possible attempted if she was found unconscious. But in those same circumstances, a 90-year-old widower with cancer might prefer to be kept comfortable and allowed to die in his home. Knowing where you are on the spectrum is important and documenting those wishes is critical.

By preparing for the end of life, you can focus on what is important now. At Hospice of the Northwest, our mission is to provide compassion and dignity through every moment of life. In treating each patient and their loved ones holistically, we listen to their wishes and design a care plan that supports their goals.



"We find that patients who document their end-of-life wishes leave behind grieving family members who are better able to cope with their loss," says Diane Hart, Bereavement Counselor for Hospice of the Northwest.

"When something is written down, it acts as a map that can be followed. After a death, we find loved ones process their grief in a healthier way. They are able to normalize their feelings and recover more quickly," she added.

We need to acknowledge the dying process. We are all going to die, so why not have a say in how we want it to look. Start the conversation early. Document your wishes. Provide the opportunity for your family and friends to honor you. Death is a part of life and the sooner we recognize that, the more able we are to live each moment fully.

To learn more about Hospice of the Northwest and how to start a conversation about your wishes, visit [www.hospicenw.org](http://www.hospicenw.org) or call our office at (360) 814-5550.

## AUXILIARY continued from page 8

### Easter Baskets

Thirty-two baskets and eight plants flew out the door this year. There were the usual children's baskets stuffed with goodies and toys, but this year we added small plants, tea and coffee as well as gardening baskets and more. The most creative Easter Basket Sale to date raised \$955.

- Anacortes Fire Department Station 1 (1016 13th St.)
- Senior Activity Center.

Our non-designated funds are used for a project we took on several years ago: over-bed tables designed to fit perfectly over all hospital beds. We have purchased 22 tables thus far,

and as IH continues to purchase the new beds, totaling 43, we are doing our best to keep up.

For more information or to inquire about membership, I welcome your call at (360) 840-3038.

### Upcoming Events

June 4 – Auxiliary Celebration Luncheon  
Our "Master Creator and Social Director" Jeri Liggitt is planning a tropical theme for our annual celebration. Our sincere thanks to the Port of Anacortes for its generous donation of this lovely venue.

July 17 – Penny Drive  
Our final event of the year is the Penny Drive, with all proceeds going to Lifeline scholarships for those in our community who otherwise could not afford this vital service.

### Ongoing – Vial of Life

Now to be found by our first responders in thousands of Anacortes homes, we encourage all community members to pick one up at no cost at the following Anacortes locations:

- Health Resource Center
- Windermere Realty

**STROKE IS AN EMERGENCY**

**ACT FAST CALL 911**

**Any one of these signs could mean a stroke:**

 <b>F ACE</b> Look for an uneven smile	 <b>A RM</b> Check if one arm is weak	 <b>S PEECH</b> Listen for slurred speech	 <b>T IME</b> Call 911 right away
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Visit [StrokeCall911.com](http://StrokeCall911.com) to learn more

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# Bridgett Bell Kraft MS, ARNP, FNP-BC joins SWC at Island Hospital

The Island Hospital Sleep Wellness Center (SWC) welcomed Bridgett Bell Kraft MS, ARNP, FNP-BC earlier this year, citing her nearly 39 years of extraordinary and extensive clinical and teaching experience gleaned throughout her career.



Bell Kraft received her Family Nurse Practitioner Post-Masters Certificate (FNP-BC) in 2000 from the University of Washington (UW), Seattle, and her Adult Nurse Practitioner Master of Science degree in 1998 from Syracuse University, NY, where she was also inducted into the nursing honor society, Sigma Theta Tau. Bell Kraft earned her Bachelor of Science Nursing from the University of the State of New York, Albany, in 1994. In 1979 she received her Associate of Applied Science – Nursing from Seattle Central Community College, WA.

Bell Kraft entered her career as a staff nurse in the Surgical Department of Doctors Hospital, Seattle, which was absorbed into the Swedish Medical Center, where she was RN, CCRN, Medical-Surgical

Intensive Care Unit through April 1985. The following month, she was off to King Faisal Specialist Hospital & Research Centre – Riyadh, Saudi Arabia, where she was employed until March 1996 and served in various capacities: RN, Bone Marrow Transplant Unit; RN, CCRN, Medical-Surgical Intensive Care Unit; Renal Transplant Coordinator; and Nurse Clinician, Critical Care.

Bell Kraft returned to Seattle in 1999, garnered another degree, and in 2000 joined Primary Health Care, Seattle. In 2004, as ARNP, FNP-BC, she joined Clinicare, Port Angeles. From 2006 to 2012, she was the owner of the much appreciated Primary Care Sequim & Walk-in Clinic, additionally serving as a clinical preceptor for ARNP students from UW, Seattle University and Gonzaga University. She most recently served the Burlington's Mt. Baker Pain Clinic, providing medication management for general adult population requiring opioid therapy.

Bell Kraft is seeing patients at the SWC, located at 1110 22nd St., Anacortes. For appointments call (360) 299-8676.

## Highest-quality services make IH Sleep Wellness Center best choice

In our fast-paced world, it seems like we are always busy with family activities, work and too many responsibilities to handle in too little time. You try to get enough sleep, but for people who suffer from a sleep disorder, more sleep is not the solution; better quality sleep is the answer.

Over the past decade, studies have shown that many Americans – more than 50 million, including children – experience some level of sleep deprivation. Symptoms of sleep disorders include snoring or gasping for air while sleeping;

morning headaches; memory problems; feelings of depression; or daytime sleepiness. These may indicate a sleep disorder that can be helped with appropriate diagnosis and treatment.

The lack of quality sleep on a regular basis can have serious health and quality-of-life implications according to Robert Reyna MD, Medical Director of the Island Hospital Sleep Wellness Center (SWC) in Anacortes.

Lack of sleep can contribute to a number of medical conditions, including heart disease, diabetes, obesity, depression, stroke and more. But risk issues don't end there. Inadequate sleep has been pegged as the cause of injuries and mistakes in the workplace, vehicular accidents, poor performance and more. That risk can be greater in communities such as ours – home to many who fly military and private aircraft; captain pleasure and working boats; and operate farm, construction and industrial machinery.

"These are jobs that require acute reflexes, keen attention to detail and high levels of alertness over long periods of time," said Dr. Reyna. "If they are performed by individuals who experience on-going sleep problems, there could be tragic consequences."

### Children's Sleep Services

Sleep problems are not exclusive to adults, as children who lack sleep can suffer a number of problems, including daytime sleepiness, school or behavior problems, sleepwalking, nightmares and more. According to recent studies, as many as 30% of infants and children suffer a sleep disorder.

If parents and the primary-care provider feel a child is suffering from a sleep disorder, an exam is scheduled at the SWC. If an overnight study is



*Sleep Center Medical Director Robert Reyna MD (right) specializes in Pediatrics and Sleep Medicine. Bridgett Bell Kraft MS, ARNP, FNP-BC recently joined the Center, bringing an extensive wealth of experience.*

recommended, every effort is made to ensure the child's and parent's trust and comfort, with accommodations made for the parent to stay the night.

### Quality is vital

A growing number of sleep clinics now provide diagnostic testing and treatment for common sleep problems, but few can offer the state-of-the-art technology, the staff experience and expertise and the convenience, comfort and amenities patients find at the IH Sleep Wellness Center. The SWC is accredited by American Academy of Sleep Medicine and recognized as a Center of Excellence by the Washington State Health Care Authority (HCA).

For more information or an appointment, call (360) 299-8676 or visit [www.islandhospital.org/sleepwellnesscenter](http://www.islandhospital.org/sleepwellnesscenter).

## High-Quality Medical Care NOW!

**OPEN EVERY DAY!**

**Monday-Saturday 8am - 8pm**  
**Sunday 9am - 5pm**  
**Holidays 9am - 3pm**

**THE WALK-IN CLINIC**  
AT ISLAND HOSPITAL  
**Info: 360-299-4211**  
2511 M Avenue, Suite B, Anacortes  
*We accept most insurance plans.*

## Employees honored at Annual Recognition Dinner

Honored at Island Hospital's Annual Recognition Dinner will be 64 employees celebrating 5-year increments of service and 12 2017 Employees of the Month vying for Employee of the Year. Also being selected will be the Management Leadership Award.

### *Employee Service Awards* (As of Dec. 31, 2017)

#### **5 YEARS**

Christine Adkison  
Aileen Alvarado CMA  
(AAMA)  
Brad Andersen MT  
Stephanie Canapo RN  
Ellyn Cavanagh RN  
Kathleen Caylor  
Christina Cisneros  
Daniel Eastlick  
Maria Eisenberg RN, CEN  
Shelley Farmer  
Bernadine Feist RPh, BCPS  
Pamela Griffith PBT, ASCP  
Deborah Hopkins  
Kyra Hurd RN  
Maria Larue  
Kimberly McClure RN  
Jacquie Oka  
Jennifer Olmsted RN  
Jean Ruefa CRCST, CHL  
Rebecca Stanfill CNA  
Christina Wallace

#### **10 YEARS**

Tammy Akard RRT, CPFT  
Cindy Anderson CPA, CMA  
Darwin Anderson  
Joseph Bach  
Carol Bear RN  
Hope Campbell MT (AAB)  
Jeanne Chudy RN  
Traci Cole RN BSN  
Janelle Dent EMT  
JoAnn Fain  
Becky Fox RRT  
Carrie Gibson RN  
Terry Halemba  
Stacie Hansen RN, CMSRN  
Kessa Holm RN  
Kathleen Horr RN  
Susan Jordan PA-C  
Keith Knott RN, BSN



*Soni Tobey RN has served 35 distinguished years as a registered nurse at Island.*

Mistie Lamay-Pratt  
Grant Lee RT (R) (CT)  
Patricia Martin CNA  
Patty Pedersen  
Brenda Schindwein  
Barbara Shipman

#### **15 YEARS**

Kris Carroll RT (R) (CT)  
Violeta Green CNA  
Clarita Jacobs

Peggy Larsen  
Sharon Lewis RT (R) (M)  
Shawn Mitcham  
Stacy Sardella RN  
Stephen Ziegler EMT

#### **20 YEARS**

Tonja Dunton RN, MSN  
Sheryl Kylo PT  
Kelly Moore RN, BSN  
L. Reiko Nystrom MPT

Joanna Pattison RN, CEN  
Tracy Schlegel PTA

#### **25 YEARS**

Meredith King PBT, ASCP  
Nina Mead  
Alyn Paffie RN  
Anita Thewes RN

#### **35 YEARS**

Soni Tobey RN

## *2017 Employees of the Month*

**January – Kim Brotemarkle RN**

**July – JoAnn Fain**

**February – Tammy Akard RRT, CPFT**

**August – Bernadine Feist RPh, BCPS**

**March – Jens Miller RN**

**September – Kathy Corrion RN**

**April – Doug Weaver DPT**

**October – Tore Nelsen RT**

**May – Katelyn Pedersen CMA**

**November – Melissa Pettit**

**June – Lindsay White CNA**

**December – Hope Chalfant**

Volunteers are an important part of the care and services at Island Hospital. At the end of each year, these hours are tabulated and recognized at the Annual Volunteer Celebration. In 2017, Volunteers contributed more than 16,000 hours of service to the hospital. This amounts to a contribution of more than \$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 175,000 hours over the years to Island Hospital! Thank you all!

## UP TO 99 HOURS

Janice Altomari  
 Lisa Anderson  
 Karen Arnett  
 Colette Arvidson  
 Dean Becker  
 Eva Beeks  
 Fred Beeks  
 Tina Belle Isle  
 Sally Brown  
 Diane Canington  
 Richard Carey  
 June Cook  
 Robert Cummings  
 Elizabeth Denison  
 Karen Edwards  
 Allison Espinoza  
 Bette Finn  
 Heidi Fish  
 Michael Fisher  
 Noriko Fitz-Gerald  
 Darlene Gillespie  
 Gerri Gunn  
 Jay Ham  
 Richard Heidecker, Sr.  
 Julie Hildebrandt  
 Ann Marie Humphreys  
 Wilbur Johnson, III  
 Ronald Johnston  
 Terry Kratzer  
 Barbara Lechner  
 Julia Lee  
 Meredith Lesley  
 Kip Lewis  
 Meredith Machin  
 Gayle Meacham  
 Miriam Montgomery  
 Sally Morgan  
 Boshie Morris  
 Leander Nichols  
 Kevin Noyes

John Pedersen  
 Claudia Peters  
 Ruth Peterson  
 Mary Picht  
 Yoli Quevedo  
 Patricia Rodriguez  
 Richard Rodriguez  
 Richard Rohweder  
 Connie Russell  
 Tracy Schlegel  
 Randolph Schnable  
 Michael Schwartz  
 Sara Shao-McVay  
 Lauren Sheridan  
 Joni Simmerman  
 Pat Sterling  
 Linda Thomas  
 Lyle Tiberghien  
 Carl Walch, Jr.  
 Rick Wallace  
 Rosemary Walter  
 Brock Ward  
 Peter Witheford  
 Cato Woods

## 100-199 HOURS

Paul Allen  
 Kristi Bankhead  
 Cara Brown  
 Debbie Claus  
 Barbara Cooper  
 Margaret Hardesty  
 Jan Hemme  
 Steven Olsen  
 Kim Padgett  
 Joe Piroutek  
 Margaret Read  
 Elvie Ribleza

## 200-299 HOURS

Joan Fossum  
 Shirley Lewandowski

Linda Lewis  
 Sarah Tobien  
 Gabriella Troy  
 Dirk Van Dyke  
 Linda Van Dyke  
 Patricia Van Sykhawk

## 300-399 HOURS

Tamara Alcorn-Satko  
 Kristen Comeau  
 Laura Hamel  
 Joanne Liantonio  
 Jeri Liggitt  
 Floy Ann Montee  
 Kathy Morgan  
 Michael Moss  
 Patty Munday  
 Karen Toedte

## 400-499 HOURS

Diana Holmes  
 Linda Reeb  
 Rick Sleeper

## 500-599 HOURS

Julie Anderson  
 Danette Carroll  
 Claudia Dillman  
 Sandy Hatfield  
 Pat Millikan

## 600-699 HOURS

Patricia Dyer  
 Bette Huff

## 700-799 HOURS

Chris Anderson  
 Robert McGary  
 Lenore Peterson  
 Lily Van Wey

## 800-899 HOURS

Barbara Allan  
 Don Campbell  
 Susie Cawley  
 Pegi Groundwater  
 Mac Langford  
 Carol Mann  
 Wendy Patterson

## 900-999 HOURS

Jean Vaughan

## 1000-1099 HOURS

Karen Huber  
 Cheri Pinson



*Jeanne Jebousek, Gifts & More Volunteer*

## 1200-1299 HOURS

Jean Garner

## 1300-1399 HOURS

Peggy Insull  
 Jeanne Jebousek

## 1500-1599 HOURS

Sally Kilpatrick  
 Diane Ramerman

## 1600-1699 HOURS

Ann Huston

## 1700-1799 HOURS

Judy Matye  
 Karen Maughan

## 1800-1899 HOURS

Pam Birchfield

## 1900-1999 HOURS

Joan Hallenbeck

## 2000-2099 HOURS

Diane Groves  
 Pat Weeth

## 2100-2199 HOURS

Ginny Brightwell

## 2200-2299 HOURS

Brian McKee

## 2300-2399 HOURS

Shellie Bogosian  
 Barbara Kiver

## 2500-2599 HOURS

Betsy Rogers  
 Madeline (Maddie) Rose  
 Austin Schafer  
 Curt Van Hyning

## 2800-2899 HOURS

Peter Dowden

## 3900-3999 HOURS

Betty Adams

## 4000-4099 HOURS

Laurie Mueller

## 4500-4599 HOURS

Betty-Anne Ely

## 7800-7899 HOURS

Elaine Oliphant

## 9700-9799 HOURS

Marge Sargent

## 10,000-10,999 HOURS

Craig Smith

## 16,000-16,999 HOURS

Kydie McKee

# 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](http://www.islandhospital.org/classes)
- Email [communityed@islandhospital.org](mailto:communityed@islandhospital.org)
- Call (360) 299-4204

## Classes

### ADVANCE HEALTHCARE DIRECTIVES

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

Join a trained, advance-care planning facilitator for a detailed workshop that will guide each participant through completing advance healthcare directives. Participants go home with a finished copy to share with loved ones and their medical providers.

*When: Friday, July 27, 1 – 3 p.m.*

*Where: Anacortes Senior Activity Center*

*Cost: \$15*

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

### BIRTH AND BEYOND

#### Breastfeeding Matters Class



Topics include getting started with breastfeeding and its benefits, 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, July 16, 5 – 6:30 p.m.*

*Monday, September 17, 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 appointment required, please just drop in.

*When: Thursday, June 14, 3 – 5 p.m.*

*Thursday, August 9, 3 – 5 p.m.*

*Thursday, October 11, 3 – 5 p.m.*

*Where: Island Hospital's 24th Street parking lot*

*Cost: FREE*

*Questions: 360-299-1309*

#### Grand-parenting Class



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: Thursday, October 25, 6:30 – 8:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$25/per couple or individual*

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

#### Infant Massage Class



Learn how to use massage as a way to connect with your baby. This class will discuss and demonstrate ways massage can be used to help manage colic, sinus issues, improve digestion and increase your baby's positional awareness of

his/her extremities. Participants should plan to bring their baby, a blanket and massage oils to the class. Suggested oils include olive oil, grapeseed oil or sunflower oil. Wear comfortable clothing and expect to spend time on tumbling mats with your baby practicing massage techniques.

*When: Tuesday, June 26, 2:30 – 4 p.m.*

*Where: Fidalgo/Burrow Rooms*

*Cost: \$10*

*Instructor: Lindsay Harris PT, DPT, CSCS, CIMI*

*“What a great class! Loved the hands-on experience!”*

*– Infant Massage class participant*

#### Mommy & Me and Moms-to-Be Yoga

Gently nurture your body with yoga. This five-week series will explore traditional yoga poses designed to balance and restore the physical needs of new mothers. No prior yoga experience is necessary. This class is appropriate for pregnant women or women who are at least 6-8 weeks postpartum. Please bring a mat and blanket. If you are postpartum, babies up to 6 months in age are welcome. It is recommended that you consult with your health care provider before beginning yoga practice.

*When: Wednesdays, October 3 – 31, 11 a.m. – noon*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$60*

*Instructor: Melissa Hawkins RYT-200, RCYT*

REGISTRATION  
OPTIONS

1.

visit [www.islandhospital.org/classes](http://www.islandhospital.org/classes)



## 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, DVDs, hands-on practice and guest speakers.

*When: Tuesdays, July 10 – August 14, 6 – 8:30 p.m.  
Tuesdays, September 4 – October 9,  
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*

*“Very happy we did the class over several weeknights. It was great getting to know other couples. Teri did a great job at teaching the material while keeping the class lively and personal.”*

– Six-Week Childbirth Education class participant

## Weekend Childbirth Education Classes

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

*When: Sat. & Sun., June 2 & 3, 10 a.m. – 6 p.m.  
Sat. & Sun., August 11 & 12, 10 a.m. – 6 p.m.  
Sat. & Sun., October 6 & 7, 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*

## 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: Odd months, 1st Monday, 1 – 3 p.m.*

*Where: Merle Cancer Care Center Conference Room*

*Cost: FREE*

*Contact: 360-588-2082, registration preferred*

## DOC TALK



### Sex After 60



Join Island Hospital Physician, Kathleen Garde (OB/GYN), for a candid discussion on what to expect with sex as we age. For seniors who are physically active and healthy, having sex is perfectly normal. Dr. Garde will address com-

mon barriers to sex often faced by senior women including comfort, how to be ready for sex if it has been a while, decreased sexual desire, basic anatomy and more. She will discuss female options available for more pleasurable sex (lubricants, vaginal estrogen and vaginal dilators.) This class will address women's questions and options.

*When: Thursday, July 26, 2 – 3:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: FREE*

*Instructor: Kathleen Garde MD, OB/GYN*

## 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: Wednesday, June 27, 9 a.m. – 5 p.m.*

*Wednesday, September 26, 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.

### Summer Skin & Haircare

Summer can be hard on your skin and hair. Learn to make skin & haircare products with essential oils, herbal infused oils and hydrosols that may help your skin and hair feel better. You will make a personal skin or hair blend and will have recipes to make additional blends in the future.

*When: Wednesday, July 11, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$35, (includes supplies)*

### Wellness with Aromatherapy

Learn how to make simple remedies with organic essential oils that work on all levels of your being. In this interactive class we will smell, mix and test several recipes. You will leave the class with your own personal blend and the confidence to work with essential oil remedies in the future.

*When: Wednesday, October 10, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$30, (includes personal blend & recipes)*

## 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, May 21, 1 – 2:30 p.m.*

*Monday, June 11, 1 – 2:30 p.m.*

*Monday, July 23, 1 – 2:30 p.m.*

*Monday, August 13, 1 – 2:30 p.m.*

*Monday, September 10, 1 – 2:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: FREE*

*Instructor: SHIBA Volunteer*

2. Email [communityed@islandhospital.org](mailto:communityed@islandhospital.org)

3. Call (360) 299-4204

# Classes

## 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 2019. Important timelines for making changes and information on how to research your options will be covered.

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

Tuesday, October 16, 10 – 11:30 a.m.

Tuesday, October 23, 1 – 2:30 p.m.

Tuesday, October 30, 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, 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: Thursdays, June 14, 21 & 28,  
6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

## PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

### Ergonomics



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: Tuesday, September 18, 2:30 – 3:30 p.m.

Where: Computer Training Room

Cost: \$5

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

## Improving Your Aging Memory



Is your memory not quite what 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, July 18,

1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

*“The breakdown of information is great – good for caregivers to use!”*  
– Improving Aging Memory 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, August 22, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructors: 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.

When: Thursday, June 21, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington PT

## SPECIAL EVENTS

### Sleep Changes in Aging



Join local naturopathic physician Alethea Fleming for a discussion on how sleep changes as we age, what common problems appear and how to treat them.

When: Wednesday, September 19, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

### Stop the Bleed



What would you do in a mass shooting event or if you came upon a car accident? In large, tragic events many victims will die from uncontrolled bleeding. The Stop the Bleed program teaches bystanders how to stop bleeding until first responders arrive. This course will teach the correct techniques for applying a tourniquet, packing a wound and how to properly apply pressure dressings. Participants will also learn how to identify certain wounds and the special care those wounds require. A certificate of completion will be provided at the end of the training to participants that are able to successfully demonstrate their ability to Stop the Bleed.

When: Monday, September 17, 1 – 3 p.m.

Tuesday, September 25, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

*“A wonderful, informative class taught by two experts”*

– Stop the Bleed class participant

Cost: FREE

Instructors: Lisa Edwards RN & Denise Jones RN, MN

### 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



## 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 prescription coverage, the "extra help" program or more?

Island Hospital's SHIBA program has expert volunteers trained by the Office of the Insurance Commissioner available to give free, unbiased information. Serving west Skagit County and Orcas, San Juan and Lopez islands.

**Contact: 360-299-4212**

## 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 consisting 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 serves families on tight budgets, providing healthy foods, nutrition education,

breastfeeding support and linkage to health and social services. WIC serves families with infants and children up to age five and women who are pregnant, breastfeeding or post-partum. WIC is an equal opportunity provider and does not discriminate.

**Contact: Anacortes WIC office: 360-416-7595,  
Swinomish Indian Health Clinic: 360-466-3167**

## 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 dietitians for an individual dietary session. Insurance may cover cost.

**Contact: 360-299-1300, ext. 2567**

## SUPPORT GROUPS

### Alzheimer's Association - Caregivers

2nd 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.

Fidalgo/Burrows Room, Island Hospital

Contact: Doug, 360-202-1699

### Kidney

Meets quarterly, (call for dates)

Anacortes Senior Activity Center

1701 22nd St., Anacortes

Contact: 360-293-7473

### NAMI Mental Health

4th Thursday, 7 – 9 p.m.

United Methodist Church of Anacortes

Contact: Virginia, 360-421-7331

### Parkinson's

3rd Thursday, 1:30 – 3 p.m.

Fidalgo/Burrows Rooms, Island Hospital

Contact: Jerry, 360-293-2185

## Resources & Support Groups

### Restless Leg Syndrome

Call for dates

Fidalgo/Burrows Rooms, Island Hospital

Contact: Charlotte, 360-293-7328

### CANCER SUPPORT GROUPS

#### 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

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.



## Free Blood Pressure Checks

Every Wednesday!

9 a.m. - noon

Island Health Resource Center

Call 360-299-1309

for more information.

## IH employee-wellness programs shine

### IH wins consecutive Zo8 awards

For the second year in a row, the IH Employee Wellness Committee has been chosen as a Zo8 award winner by the Washington State Health Care Authority. The Zo8 award is given to Public Employees Benefits Board (PEBB) organizations for their achievement in building and growing a sustainable wellness program. Employee Wellness organizes a number of activities for IH staff including a seasonal farm stand, wellness challenges and exercise classes.

### 175 participate in Step-Up Challenge

One of the most popular events held by Employee Wellness is the annual Step-Up Challenge, a physical-activity group challenge. This year 175 employees participated logging an equivalent of nearly 30,000 miles in four weeks. Radiology Tech Aide Steve Neitzel was the top individual participant for the second consecutive year.

### IH Farm Stand opens June 12

Employees and community members can look forward to another season of the IH farm stand starting on Tuesday, June 12. The farm stand will be on campus every Tuesday through September 11, 11 a.m. to 4 p.m.

Weekly Fresh-to-Go (FTG) bags are available to pre-order for \$12. 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 IH Dietitian Suzie DuPuis RD at farmstand@islandhospital.org and provide full name, email address and phone number.

Information about the 2018 farm stand will be coming soon on the IH Facebook page and website.

## Headache pain?

You don't need to suffer...  
**CALL TODAY!**

**Proven, effective treatments available for**

- Migraine, tension, sinus & other headaches
- Post-traumatic head pain
- Trigeminal neuralgia
- Atypical face pain
- & more!

Our nationally renowned providers:  
**James Moren MD • Michael Jones MPAS-C**

**THE HEADACHE CLINIC**  
AT ISLAND HOSPITAL **360.299.4929**

2511 M Ave., #C, Anacortes

[www.islandhospital.org](http://www.islandhospital.org)

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, June 19, 10:30 a.m. – 12:30 p.m.*

*Tuesday, October 2, 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, July 10, 9 – 11 a.m.*

*Tuesday, October 9, 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 and are available in myIslandHealth patient portal. No appointment required. **Please do not arrive prior to 7:30 a.m.**

Call 360-299-1309 for questions.

*When: Tuesday, July 17, 8 – 11 a.m.*

*Tuesday, October 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, Sue Jordan, PA-C will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required.

*When: Monday, October 15, 8 a.m. – noon*

*Where: Merle Cancer Care Center*

*Cost: FREE*

*2017 Breast Screening Results:*

*11 people participated; 1 required a follow-up visit with their healthcare provider.*

## Cognitive & Aphasia Screening

**NEW!**

Do you have difficulty paying attention or keeping up in a conversation, staying on topic, or remembering information and names? Are finding words, expressing thoughts, or planning and following through with a schedule becoming more difficult? If so, our Speech Language Pathologists can help identify the nature of your difficulty and determine if you have a cognitive communication deficit. We can also provide strategies to help you improve in these areas of difficulty in order to help you succeed. Appointments are required.

*When: Tuesday, August 21, 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 24, 9 – 11 a.m.*

*Tuesday, September 18, 9 – 11 a.m.*

*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, June 12, 1:30 – 3:30 p.m.*

*Tuesday, July 3, 1:30 – 3:30 p.m.*

*Tuesday, August 14, 1:30 – 3:30 p.m.*

*Tuesday, September 11, 1:30 – 3:30 p.m.*

*Tuesday, October 16, 1:30 – 3:30 p.m.*

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

*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 and are available in myIslandHealth patient portal. No appointment required.

*When: Tuesday, October 30, 9 – 11 a.m.*

*Where: Health Resource Center*

*Cost: \$30*

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

**Please give blood  
at Island Hospital**

**Monday, July 9 &  
Thursday, September 6  
10 a.m. - 4 p.m.**

**Fidalgo/Burrows Rooms**

Call 360-299-1309  
for an appointment.

## 2018 Gala of Hope hailed as a “Smash Hit!”

**B**esequined, beguiling and at their beautiful best, they took the arm of their partners – so handsomely dressed – and were greeted by bellmen in top hat and tux. “Welcome to New York, New York!”

Held at the WA Walton Event Center Swinomish Casino & Lodge on April 28, the 15th Annual Gala of Hope was a truly spectacular production. But, perhaps, even more spectacular was the generosity of the 345 attendees, whose combined contributions totaled a stunning \$466,395 – breaking all records!

Guests passed notable skyscrapers and then strolled through Central Park, adorned with live trees, plants and even life-like swans. They were offered a glass of prosecco by the costumed Empire State Building as they made their way through Times Square. Upon entering the ballroom, patrons landed squarely in the theater district of Broadway. Costumed Broadway show characters in attendance, food carts filled with a variety of Big Apple delectable appetizers, and a Delmonico’s-inspired gastronomic feast – all were reminiscent of a night in the City of Dreams.

This year, the Heartstrings portion of the auction raised \$260,750. Dedicated to Island Hospital’s Merle Cancer Care Center (MCCC),



Guests knew they had arrived in “The Big Apple” when greeted by Gala cabbies Danette Carroll (left) and Frank Neboloni.

Foundation Director Jeannette Papadakis stated, “The center is in need of new infusion chairs and IV pumps; including four IV Pumps that would be able to run pre-medications concurrently to reduce infusion times for patients saving up to 1.5 hours each treatment. For anyone who has received care for cancer, or helped a friend or family member receiving care, this effort is personal and especially rewarding.”

Funds raised from the Gala will also provide ongoing funding for programs such as the Mental Health Intervention program, assistance for patients and families in need by offsetting treatment-related expense as well as community-centered programs such as the Health Resource Center and free and low-cost preventative health screenings and our Chaplaincy program.

The Foundation thanks our sponsors for their generosity:

- Empire State Building Signature Sponsor – Andeavor
- Statue of Liberty Sponsors – Jerry & Jan Barto
- Rockefeller Center Sponsors – Labcorp, Skagit Radiology
- Broadway Sponsors – FloodSmart Insurance, Mayor Laurie Gere, Merchants Credit Association, Reid & Ann Meyers
- Central Park Cocktail Reception Sponsor – Cap Sante Marine
- Manhattan Skyline Decor Sponsor – Intalere
- Wall Street Wine Sponsors – Troy & Joyce Kunz
- Waldorf Astoria Food Sponsor – Trident Seafoods Corp.
- Guggenheim Museum Guest Gift Sponsor – Island Hospital Medical Staff
- Times Square Patron Table Sponsors – Elise Cutter/Denise Jones RN/Vince Oliver/Carolyn Pape/Robert Prins MD, Fidalgo Medical Associates, Furin & Company/Strandberg Construction, Kathy Garde MD, Heritage Bank, Rick and Meredith Machin, Peoples Bank, Shell Puget Sound Refinery, Skagit Northwest Orthopedics, Skagit Bank, Ron and Anne Smith
- Diamond Raffle Sponsor – Burton Jewelers
- New York Stock Exchange Auctioneer Sponsor – Evans Funeral Chapel
- Subway Sponsor – PACCAR Technical Center

The IHF is grateful for the contributions of Co-Chairs Ann and Reid Meyers, Emcee Kevin Montgomery and all the donors, businesses, committee members and volunteers.

### Gala surprise: Jerrel & Jan Barto receive first-ever IHF Philanthropy Award

Island Hospital Foundation Board President Meredith Machin finished her welcoming remarks by revealing a closely held secret: The Foundation Board was honoring Jerrel and Janice Barto with its first-ever Philanthropy Award.

The Bartos were presented with the award inscribed with the following tribute: With heartfelt generosity, you have created a legacy for the ages. Our patients, caregivers, and friends offer our deepest gratitude.

“The Bartos have been incredible supporters of our community and Island Hospital for almost two decades,” Machin said before enumerating some of the many Barto contributions:

- Establishment of an endowment for our Birth Center.
- Creation of a fund to assist hardworking people who could not otherwise afford to pay their medical bills.
- Provision of needed technology with a new ultrasound machine.
- Sizable contributions to the capital campaign that helped fund the hospital’s remodel and expansion.
- Generous support of the Gala of Hope including its earmarked annual fundraising “Heartstrings” objectives.

Machin also announced that evening that Mr. and Mrs. Barto have established a special scholarship fund in memory of their friend, Col. Richard Iversen, which will assist students pursuing education in a clinical field of study.

Jerry Barto has served on the Board of the Island Hospital Foundation and is an Emeritus member of the Foundation Board.



Jan & Jerry Barto



Skagit Radiology's Head of Breast Imaging Chris Johansen MD (2nd from right) discusses the new genius3DR mammography unit in the IH Diagnostic Imaging Department. Among attendees was Anacortes Mayor – and former Island Hospital Commissioner – Laurie Gere (at right, partially obscured by equipment).

## Reception focuses on women's health

On February 20, approximately 40 Foundation supporters attended an informal reception to get a first-hand view of the diagnostic imaging wing that focuses on women's health.

The hospital's new 3D (three-dimensional) mammography unit – the first in Skagit County – was featured in a presentation given by Skagit Radiology's Head of Breast Imaging Chris Johansen MD, who offered in-depth information about the unit's detection capability, increased accuracy over 2D mammography and the many benefits the new equipment will afford our community's women. (For more information, you may refer to the Winter 2018 issue of *Heartbeats* or visit [www.islandhospital.org](http://www.islandhospital.org))

Along with the mammography room, included in the tour were the rooms housing the ultrasound and MRI equipment. Experts were on hand to answer questions and provide additional information about Island Hospital's efforts in the area of women's health.

During a light reception that followed, attendees mingled with staff and enjoyed delightful appetizers provided by Island Bistro.

A reminder: 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. To schedule your mammogram call the Island Hospital Diagnostic Imaging scheduling line at (360) 299-1315.

## Your Foundation dollars working for you

Thanks to the generosity of all who donated to the Island Hospital Foundation (IHF) in 2017 and the responsible stewardship of our committees and Foundation Board, IHF met all its goals and annual commitments. In addition, they were able to help with a capital equipment purchase to address needs and aid in providing advanced local services at IH.

The Board reviewed requests for additional needs from various departments and voted to purchase an MRI breast coil requested by Ray Ould CNMT, Director of Diagnostic Imaging, to complement

## Remembering

The Island Hospital Foundation received gifts to remember and honor those listed here between Jan. 1 and March 30, 2018.

### IN MEMORY OF:

Ren Arnett	Colonel Richard Iversen
Judith Busch	Richard Jacobson
Rosemary Cayou	Mary Millicent Roberts
Margaret Eggstrom	Michael Stark
George Gjerset MD	Clarise "Clare" Wright

### IN HONOR OF:

Mark Backman MD	David Mourning MD
Linda Brown MD	Bryan Murray MD
Kevin Harris MD	Harry G. Osborne MD
Jason Hogge MD	Kelly Peterson Carson
Michael James MD	Robert Rieger MD
Sue Jordan PA-C	Naomi & Dan Stone
Charles Kotal MD	Susanne Wilhelm DO

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**

Diagnostic Imaging's future upgrade of 3D MRI equipment and further enhance our hospital's capabilities in the area of women's health.

The coil, which can cost up to \$90,000, is designed specifically to aid in the study of breast tissue of high density or exhibiting an abnormality. It is valuable in nearly all stages of suspected breast cancer, from screening and diagnosis to follow-up in treatment.

IHF again extends its gratitude to all who helped make this donation possible as we faithfully fulfill our mission.

## DR. BILLOW continued from page 5

"I strive to improve my patients' function to reduce their pain so that they may reach their goals and better enjoy their active lifestyles," Dr. Billow said.

Board certified by the American Osteopathic Board of Physical Medicine and Rehabilitation, Dr. Billow is a member of the American Osteopathic Association, American Osteopathic College of Physical Medicine & Rehabilitation, Spine Intervention Society, Washington Society of Interventional Pain Physicians, and currently serves as Vice President and Executive Council Member of the American Osteopathic College of Physical Medicine and Rehabilitation.

*The Center for Pain Management at Island Hospital is located on the lower level of the IH Medical Office Building, 2511 M Ave., Suite C, Anacortes. For appointments call (360) 299-4929.*

## THANKS continued from page 5

I saw Michael for a couple years at his private practice, then the entire time he was in Mount Vernon, and I followed him to Island Hospital.

I really liked the neurologist that I was seeing before Michael, she was my favorite healthcare provider to visit with. Now that I'm seeing Michael, I believe that I am getting a person that is more focused on my specific issue and not distracted by other problems in the neurology field.

Michael was able to use the information from my previous neurologist about medications that had been tried and immediately started right in to design a new plan, searching for the "magic formula" of medications to treat my migraines. Michael works with me, listens to me, and together we research and plan our next steps, marking our progress.

There is no one-size-fits-all when it comes to treating migraine headaches. Each case is individual, and Michael sees me as an individual, not "just another migraine sufferer."

I want people to know that Michael is awesome!

Someday there might be a magic pill. New treatments are becoming available, but it could be some time before they're covered by insurance. I still get migraines and probably always will, so my goal is to try to feel as good as possible between migraine attacks. With Michael's help, I've been able to accomplish this goal.

I haven't felt this good in 15 years.

## Devoted Soroptimist International clubs support young families



*Soroptimist International of Fidalgo Island and Soroptimist International of Anacortes held their annual Community Baby Shower to benefit young families in need. The supplies (infant clothing, knitted baby sets, diapers, wipes and accessories) were donated to the Center for Maternal & Infant Care. Thank you for your generosity!*

## DR. MOREN continued from page 5

co-founded the Pacific Rim Headache Center, which became a great success and was known for serving the most complex headache patients from throughout the Pacific Northwest. Most recently he was employed by Unity Care NW (a community healthcare clinic) in Bellingham.

Dr. Moren comes to The Headache Clinic at Island Hospital to re-unite with Jones and serve headache sufferers with the highest level care and treatments possible.

"I am thankful for this opportunity to serve," he says.

Certified by the United Council for Neurologic Subspecialties (UCNS) for Headache Medicine and the American Board of Family Practice, Dr. Moren is a fellow of the American Headache Society and a member of the American Academy of Family Physicians.

For more information or to make an appointment with Dr. Moren, contact The Headache Clinic at (360) 299-4929. The Clinic is located in the Center for Pain Management at 2511 M Ave., Suite C, Anacortes.

## WHERE TO GO continued from page 9

such as colds, flu, migraines and more. In addition, these clinics treat minor injuries such as sprains, cuts, burns, minor broken bones and eye injuries. The cost, and co-pay, is less than an emergency department, and if your problem is too serious for a walk-in clinic, they will refer you to an emergency department.

### The Walk-In Clinic at Island Hospital

2511 M Ave., Anacortes

**(360) 299-4211**

**OPEN EVERY DAY**

**Hours:**

**Monday through Saturday, 8 a.m. to 8 p.m.**

**Sunday, 9 a.m. to 5 p.m.**

**Holidays, 9 a.m. to 3 p.m.**

## Environmental Services: much more than just cleaning

Long gone are the days that Island Hospital had a department named “Housekeeping.” The name has changed to Environmental Services (abbreviated “EVS”) reflecting how greatly this department’s responsibilities have expanded. Being responsible for floor-to-ceiling cleaning of the entire hospital campus – including the Medical Arts Pavilion, Medical Office Building, Sleep Wellness Center and other ancillary buildings – is a big-enough job. However, EVS has evolved to include infection prevention and control, recycling, medical-waste management, chemical safety, linen control, meeting-room set-up and more.

EVS keeps more than a quarter-million square feet of interior space clean, with added focus to clinical areas. The department works closely with the Infection Prevention & Control Department to ensure stringent hospital standards are followed for cleaning critical areas such as Laboratory, Surgical Services, Merle Cancer Care Center, clinic exam rooms and other areas that involve invasive procedures. The 35 EVS employees play a crucial role in keeping patients, visitors and staff safe. In addition, the EVS staff is trained in the safe disposal of chemotherapy, hazardous and medical waste.

### Recycling

Helping lead the charge to continually improve recycling efforts, EVS has implemented numerous initiatives to keep used supplies and packaging out of landfills. For example, the department has an extensive recycling-collection program within Surgical



*Members of Island Hospital’s Environmental Services staff, which is responsible for floor-to-ceiling cleaning of 257,000 square feet of hospital facilities.*

Services that includes items such as blue surgery wrap, irrigation bottles, empty IV-solution bags, IV bag wrappers and cardboard.

Since including our Surgery department in the hospital-wide recycling program several years ago, EVS has reduced the amount of trash entering the waste stream by an average of 2.5 – 4 tons per month. Twice each week, the department fills two 3-cubic-yard, three 4-cubic-yard and ten 64-gallon containers with recyclable items.

### Patient Satisfaction

The EVS Department is a key part of patient satisfaction surveys, which can affect how much Island Hospital is reimbursed for services by Medicare.

“Patients have very high expectations for hospital and clinic cleanliness,” said Mike McKenna, Director of Engineering and EVS. “We work every day to ensure we meet and even exceed these expectations. Each member of our staff takes pride in our facilities and



*Housekeeping Aide Delfina Reyes on her way to clean another area of the hospital.*

their own work. The EVS staff are true professionals who take Island Hospital’s Promise very seriously. I could not be more proud of their efforts.”

### Going forward

EVS has decided to change vendors for collection and processing of biological and hazardous waste. This initiative will allow the hospital to move from the traditional red sharp-instrument containers to the new commingle blue containers that will save the hospital money and improve disposal efficiency.

“We are also working with local vendors to purchase a cardboard baler so we can separate, bale and sell our recyclable cardboard instead of paying someone to do it,” said McKenna. “These initiatives should save the hospital thousands of dollars every year.”



*Housekeeper Paul Cyr cleans an area of Acute Care.*

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