



ISLAND HOSPITAL

Spring-Summer 2019

# Heartbeats

*Magazine*



**ISLAND HOSPITAL FAMILY SAYS  
“FAREWELL” TO CEO VINCE OLIVER  
UPON RETIREMENT**

Elise Cutter named interim CEO – p. 2 • Gala of Hope sets new record – p. 20

## Commissioner Message

### HANDLING THE CEO TRANSITION

# Vince Oliver retirement brings naming of interim CEO, search firm

By Warren Tessler, President

Island Hospital Board of Commissioners



Following the recent announcement of Chief Executive Officer Vince Oliver's retirement, the Island Hospital Board of Commissioners has decided to pursue a national search for a replacement. The Commissioners truly appreciate Vince's accomplishments and service to the hospital, especially his exceptional efforts to offer only the highest quality medical care and facilities for our community.

During the search – which is expected to take approximately six months – the Board of Commissioners has selected current Chief Financial Officer Elise Cutter to serve as the hospital's interim CEO. Cutter – who Oliver himself once termed “the most admired manager at the hospital” – will take over June 1, retaining her current responsibilities for the organization's finances. We hope to hire a Chief Operations Officer on a temporary basis to oversee some of the areas that currently report to the CEO.

Cutter has the leadership qualities, and earned the respect and support at all levels of the organization. She has worked closely with the Board and been an integral part of our senior leadership team (executive-level managers) since 2013, providing strategic and operational planning as well as strong financial management.

### Search firm selected

After careful review, evaluation and discussion, the Board selected COORS Leadership Capital to conduct the national search for Island Hospital's top executive.

The Selection Committee established specific criteria during this process, to ensure the firm selected possessed the necessary experience and demonstrated track record to lead a successful search. As a small healthcare-executive search firm, COORS offers a level of personal service and commitment that fits with our values as an organization. COORS is experienced in recruiting for public hospital districts and understands the critical importance of the role of the Island Hospital CEO within our community.

In collaboration with the Board and key stakeholders, COORS will be developing an in-depth understanding of Island Hospital and the communities we serve, as well as a comprehensive position scope to share with candidates; then begin the next steps in the recruiting process.

There have been inquiries regarding whether Island Hospital will seek an affiliation in this transition. At this time, the Board is focused on identifying and hiring a CEO to lead the hospital in what is an increasingly difficult healthcare environment. In the meantime, the Commissioners will work with the interim CEO, current leadership and our medical staff to continue providing excellent healthcare services to our district and beyond.

The changing of a CEO is always difficult, but a normal part of any organization's life-cycle. Island Hospital is fortunate to have a strong management team, solid medical staff and skilled and supportive employees at all levels. We expect to hire a highly qualified CEO to lead us well into the future.

As Island Hospital Commissioners, we are charged with representing Skagit County Public Hospital District No. 2 (Island Hospital) residents. I encourage you to share your comments and ideas. Please contact us at (360) 299-1327 or [commissioners@islandhospital.org](mailto:commissioners@islandhospital.org). We want to hear from you.

## Elise Cutter named Island Hospital interim CEO

Island Hospital's Board of Commissioners has selected current Chief Financial Officer Elise Cutter to serve as the hospital's interim Chief Executive Officer following Vince Oliver's retirement May 31. The Board has selected COORS Leadership Capital to perform a search for a new CEO, which is expected to take six months (see adjacent Commissioner Message).



Cutter will take over June 1, retaining her current responsibilities for the organization's finances. A chief operations officer will be hired on a temporary basis to oversee some of the areas that currently report to the CEO.

“We are fortunate to have Elise here to take on the interim CEO position,” said Warren Tessler, IH Board of Commissioner President. “I believe she has outstanding skills, and the ability to take the helm of the organization. Elise has the respect of the Commissioners as well as our Medical Staff and leadership team.”

Cutter received a Bachelor of Science degree in accounting from Villanova University and will graduate with her MBA in June. Prior to joining Island Hospital in 2001 she served as a controller for a manufacturing firm in Everett, WA.

“I'm very thankful for this opportunity and the trust the Commissioners have shown. I've enjoyed working closely with the Board and look forward to finding creative solutions that meet the needs of our patients, medical staff and employees,” Cutter said.

In 2002, Cutter was named Island Hospital Employee of the Year and in 2007, as IH Finance Director, she received the hospital's Management Leadership Award. She remains the only person to achieve both awards.

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# As I See It...

By Vince Oliver, IH Chief Executive Officer

**I**sland Hospital is in fine shape to navigate the turbulent waters of today's healthcare.

Buoyed by an experienced Board of Commissioners, a talented Senior Leadership Team and an exceptional staff of nurses, physicians and support staff, our Hospital District is well-positioned to embrace the rapidly changing mandates to continuously improve healthcare outcomes.

Our District is known around Washington State as consistently one of the lowest-cost hospitals, if not the lowest; a hospital with one of the lowest readmissions rates; and one of the most recommended hospitals by patients based on publicly reported data that is submitted by all hospitals in the state. Those are statistics of which we can all be proud.

I assure you that as we move forward in finding a new Chief Executive Officer, the hospital is in the capable management hands of Elise Cutter, our Chief Financial Officer acting as the Interim CEO. She, along with the other mem-

bers of the Senior Leadership Team – Chief Human Resources Executive Carolyn Pape, Chief Medical Officer Dr. Robert Prins and Chief Patient Care Executive Denise Jones RN – will continue the hospital's focus on quality care and financial stability.

I am confident the hospital will continue to run smoothly and focus on the high priorities of physician recruitment, employee engagement and delivering the operational plan for this budget year.

As I retire at the end of the May, there are many mixed emotions as I bid a fond farewell to the people and patients that have made these 19 years so inspirational and so professionally and personally satisfying. It has been an honor and a privilege to serve our community as the District's CEO and I wish the best to all of you!

Vince Oliver  
Chief Executive Officer

## Island Hospital's website has a fresh new look, mobile-responsive design

**T**he new Island Hospital website was built with easy navigation in mind from any device – computer, tablet or mobile – and keeps the user experience consistent throughout. Key site interactions such as Find a Provider, Patient Portal and Bill Pay are highlighted front and center on the homepage and also linked in the footer so they are accessible from anywhere on the site.

Visitors to the site can easily search for a provider and see which ones are accepting new patients or request an appointment online with any of Island Hospital's Family Care Clinic providers.

Clear calls-to-action throughout the website help engage with users. In addition to having a fresh look and added functionality, the website content has been given a contemporary voice with a conversational tone.

We invite you to check out the website at [www.islandhospital.org](http://www.islandhospital.org).

Want to see more of what's happening at Island Hospital? Like our Facebook page for info on upcoming events, new providers, and more.



What can we help with?



### Our Mission:

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

### Island Hospital

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

Correspondence to commissioners can be sent to:

COMMISSIONERS

c/o Administration

1211 24th St.

Anacortes, WA 98221-2590

### POSITION 1

Jan Iversen  
(Secretary)

### POSITION 2

Warren Tessler  
(President)

### POSITION 3

Paul Maughan PhD

### POSITION 4

Lynne M. Lang PhD

### POSITION 5

A.J. "Chip" Bogosian MD

### Heartbeats

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## Our Promise

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

# Accomplishments at Island Hospital Under Vince Oliver's Leadership 2000 - 2019

2000

**2000** Vince Oliver takes over as Chief Executive Officer

Quickly turns finances positive, noting "Our core value is in healing; our time, energy and resources must focus there."

380 employees; \$31 million net revenue (end of year 2000)

2002

**2002** Initiates the Island Hospital Golf Classic that has contributed nearly \$1 million for hospital services.



2004

**2004** Board commits to Master Facility Plan, asks for \$30.5 million on September ballot. Bond measure passes with 78% affirming need for upgraded, expanded and modernized hospital facility.

2006

**2007** Renovation & Expansion Project Phase I completed; adds 70,000 square-foot, facility that brings private patient rooms, state-of-the-art diagnostics and expanded Emergency Department. More than 1500 attend opening.



2008

**2008** Renovation & Expansion Project Phase II completed that brings connection of front entrance to building opened in 2007. Phase II included the the Pharmacy, Chapel, Island Bistro, Thomas P. Brooks MD Family Birth Center, front lobby and Gifts & More.



2010

**2009** Dedicated, specially constructed Sleep Wellness Center opens off campus.



2012

**2010** Psychiatry, Behavioral Health Program initiated.



**2012** Medical Arts Pavilion (MAP) opens, Wound Care services initiated. The 10,000-square-foot MAP houses Physical, Occupational & Speech Therapy, Merle Cancer Care Center and Wound Care & Hyperbaric Medicine Center. The building is funded with the federal program that saves Island more than \$2 million of the \$10.3 million cost.



**2012** The Walk-In Clinic at Island Hospital opens, provides immediate care every day.



2014

**2013** "TeleStroke" program initiated, bringing IH Emergency Department to Level II designation for stroke.

**2013** Psychiatry & Behavioral Health starts interventional mental-health program for the Anacortes School District. Program wins Community Health Leadership Award from WA State Hospital Assn. the following year.

**2015** Island Hospital earns top spot with lowest readmission rates in WA.

**2015** Island Hospital earns Four-Star rating from Medicare based on 64 quality measures.



2016

**2016** Oliver selected as nation's top small-hospital CEO by American Hospital Assn. The Shirley Ann Munroe Leadership Award recognizes efforts to improve healthcare through innovative and progressive initiatives.



2018

**2017-18** Hospital evaluates, purchases, implements \$12 million electronic medical-record system.

**2019** Family Care Clinics reorganization to improve access, care.

**2019** \$6 million facilities upgrade begins, including new roof and mechanical equipment for original 1962 hospital building.

728 employees; \$93 million net revenue (end of year 2018)

2020

## Sharon Brown MSN, AGPCNP-BC joins FMA



Fidalgo Medical Associates (FMA) continues to add providers – to meet our community’s growing demand for primary care – and recently welcomed Sharon Brown

MSN, AGPCNP-BC as a new provider serving adult patients.

Certified as an Adult Gerontology Nurse Practitioner by the American Nurse Credentialing Center, Brown earned her Master’s degree in nursing from Purdue University, West Lafayette, IN, where she graduated with honors, and her Bachelor’s degree in Nursing from Kaplan University, *summa cum laude*. A member of the Sigma Theta Tau International Honor Society of Nursing, Brown is also a nationally certified hospice and palliative nurse. She is a member of the Hospice and Palliative Nurses Association and the American Association of Nurse Practitioners.

Brown comes to Anacortes from Reno,

NV, where she had more than 20 years of experience in nursing as a palliative-care coordinator, hospice nurse case manager, critical-care nurse and nursing supervisor, and oncology nurse. A broad and varied nursing career has exposed her to a wide variety of patients and settings.

As a nurse practitioner, Brown strives to holistically treat the mind, body, and spirit of her patients. She says, “I love caring for elders over the age of 65. My practice is focused on adults and the geriatric population, and I hope to weave palliative medicine into my patient contacts, focusing on the individual patient’s goals of care.”

Brown says she is grateful to live and work in Anacortes and looks forward to exploring the beauty of the area. “After living in the high desert of Northern Nevada for the past 20-plus years, the weather, people, tulips and daffodils, and especially, the Salish Sea, are a welcome change!”

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

## Rodger Althoff MD joins Island Surgeons



The staff at Island Surgeons has welcomed board-certified surgeon Rodger Althoff MD. With special interests in preventive medicine, breast disease, vascular and abdominal surgery, Dr. Althoff looks forward to serving the Island Hospital community.

After graduating from Kent State University with a Bachelor’s degree in 1968, Dr. Althoff went on to earn his medical degree at the George Washington School of Medicine in Washington, DC, in 1972. He remained there for his residency in general surgery, and he served as a

flight surgeon during the Vietnam War.

Dr. Althoff has maintained private practice in general and vascular surgery since 1979, most recently at Glacial Ridge Health System in Glenwood, MN. With broad experience in general and vascular surgery, Dr. Althoff specializes in arterial reconstructions; cardiac pacing; minimally invasive breast-cancer surgery; thyroid and parathyroid surgery; laparoscopic gallbladder, hernia, and anti-reflux procedures; as well as most major vascular surgeries and general GI tract surgeries.

“My focus as a surgeon is to be there for the patient and family in all ways,” he says. Dr. Althoff has extended his practice into volunteer work – he traveled to Kenya five times last year to perform surgeries and teach.

Certified by the American Board of Surgery, he is a member of the International College of Surgeons, the American College of Surgeons, and the American Society of Breast Disease.

Island Surgeons is located at 1213 24th Street in Anacortes. For information, call (360) 293-5142.

## Paul S. Hammer MD joins Psychiatry & Behavioral Health



The Psychiatry & Behavioral Health program at Island Hospital welcomes Dr. Paul S. Hammer to its staff. Certified by the American Board of Psychiatry and Neurology, Dr. Hammer brings more than 30 years of experience providing psychiatric care, including treatment of acute and chronic psychological trauma.

“I’m excited to be living in a beautiful place, working with a great team of psychiatric care providers, and contributing an important service to our community in addressing mental illness and promoting mental health in all aspects of life,” said Dr. Hammer.

He received his Bachelor’s degree in Chemistry (*cum laude*) from the University of San Francisco in 1983. He earned his Medical Doctorate in 1988 from the Uniformed Services University of the Health Sciences, Bethesda, MD. He went on to complete his internship in 1989 at the National Naval Medical Center in Bethesda and his psychiatry residency at the Naval Medical Center in San Diego, CA, in 1992.

During his career in the US Navy from 1975, Captain Hammer received several awards and honors for distinguished service, including the Sear’s Award for Outstanding Navy Psychiatrist in 2006 and the Legion of Merit award in 2015. Dr. Hammer has led mental health-interventions for military-combat and training exercises as well as during natural disasters. He completed two deployments in Iraq – in 2004, he was the Combat Stress Control Team Psychiatrist, and in 2006, he was the Marine Expeditionary Force psychiatrist responsible to coordinate mental health-care for 33,000 service members in Al Anbar Province, Iraq.

From 2015 to 2017, he served as the Assistant Inspector General for Medical Matters at the office of the Naval Inspector General in Washington, DC, performing command inspections at naval bases all over the world. As the former director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (TBI), he has been an advocate for improving treatment for TBI in the Department of Defense and Veterans’ Association.

A member of the American Psychiatric Association and the Society of Uniformed Services Psychiatrists, Dr. Hammer has been

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## Coralie Meslin ARNP joins Center for Pain Management

The Center for Pain Management at Island Hospital welcomes Coralie Meslin ARNP to its staff. Meslin, a family nurse practitioner, holds a Master's degree in Nursing from Seattle University.



Providers at the Center for Pain Management specialize in minimally invasive interventional procedures that directly address the source of pain. Meslin brings a broad range of experience and will work with Robert Billow DO to provide interventional pain relief to patients.

Meslin has worked in roles including HIV testing counselor in Thurston County, WA, a phlebotomist at Madigan Army Medical Center, Tacoma, WA, a disease-intervention

specialist for Seattle and King County Public Health, and a research assistant at Johns Hopkins University, Baltimore, MD. She has completed clinical nursing practica in Seattle; Queensland, Australia; and Casablanca, Morocco.

In 2018, Meslin spent five weeks in high-altitude villages near Dolpa, Nepal, working in an annual medical clinic that provided general women's healthcare, prenatal care and contraception. On the trail for four weeks, she hiked almost 200 miles with a team of Nepali and Western clinicians, setting up clinics for a day or two at villages along the way. "It's noteworthy," she says, "how similar Nepali patients were to patients I've seen in the States. Despite difference in resources and access to care, the medical conditions were most often familiar ones. Like patients in any clinic in the world,

they just wanted someone to listen to them and to offer guidance and support."

Meslin looks forward to engaging with patients at the Center for Pain Management. "I love to meet patients where they are at and work in partnership with them to restore function, build resilience, and help them live their lives fully," says Meslin. "I'm creative and flexible in my approach, and I'm committed to using shared decision-making and evidence-based practices to inform the journey that my patients allow me to participate in."

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

## Krysteena Hildebrand selected as Director of Specialty Care Clinics

Island Hospital (IH) has welcomed Krysteena Hildebrand as the Director of Specialty Care Clinics. She will supervise operations across all IH specialty clinics, including the Sleep Wellness Center, Island Surgeons, Center for Pain Management, The Headache Clinic and Wound Care & Hyperbaric Medicine clinic.



Hildebrand holds a Bachelor's degree in Healthcare Administration from California Coast University in Santa Ana, CA. Her continuing education includes Master's level courses in healthcare innovation, the healthcare marketplace, and managerial economics and business analysis.

In her role, Hildebrand will be responsible for the management oversight and strategic development of IH's five specialty clinics. She leads efforts to achieve performance targets with a focus on improv-

ing quality outcomes and clinic operations, developing and growing clinic services and volumes, and enhancing the patient and employee experience.

Prior to joining Island Hospital, Hildebrand served as Practice Administrator at the Kadlec Regional Medical Center in Richland, WA. She was responsible for staff development and personnel management, as well as budget, payroll, and operations management. She has also held roles as Practice Manager and Compliance and Safety Manager at the Southlake Clinic in Renton, WA.

"I look forward to working with the Island Hospital team. The team's commitment to the hospital's caregivers and the residents of this community is apparent in every interaction I have had," says Hildebrand. "It's great to see a team of leaders, physicians and caregivers who are dedicated to providing the very best care for this community."

## Effie-Jo Lindstrom RN, BSN, IBCLC retires

Island Hospital staff were joined by many from our community to wish Effie-Jo Lindstrom RN the best for her retirement. Lindstrom (second from left) is a lactation specialist who supported hundreds of young mothers and was a strong advocate for breastfeeding during her 24 years at Island. Thanking her for her dedicated service to our community are (from left) Chief Financial Officer Elise Cutter, Chief Executive Officer Vince Oliver and Chief Patient Care Executive Denise Jones RN.



# Merle Cancer Care Center names new manager



**A**s Dana Cunningham RN, MS, ARNP, OCN steps into her new role as manager of the Merle Cancer Care Center at Island Hospital, she brings more than 25 years of

nursing experience, a specialty in oncology, and over 10 years as a cancer-services manager.

Cunningham holds two Bachelor's degrees – one in education and a second in nursing, and she received her Master of Science degree in Nursing from the University of Kansas, Lawrence, in 2002. She's held care coordinator and nurse-manager positions at the University of Kansas Medical Center in Kansas City, Kansas, and served as a clinical nurse specialist in its cancer program from 2006-2008. Prior to joining Island Hospital at the Merle

Cancer Care Center, she was the Cancer Services Manager at Peace Health St. Joseph Cancer Center in Bellingham, where she provided leadership to more than 45 caregivers, including nurses, therapists, social workers and other staff.

An oncology-certified nurse since 1998, Cunningham is a frequent presenter at professional conferences and community outreach venues, discussing topics of cancer care, treatment, and education. Prior to studying nursing, Cunningham was a teacher. "Nursing is a second career for me. I'm a teacher and coach first, and I feel that nursing is actually a combination of all those skills."

She looks forward to serving her staff and patients with skills as an educator and nurse, but says the old adage is true: "Patients don't care how much we know – they want to know how much we care." Her goal is care for both the staff and the patients.

"It's important for me to be available to the staff, to be a good listener, and to help meet their needs while caring for patients."

Cunningham gained her passion for oncology as a nursing student while working as a nursing assistant and learning the basics of nursing care. She's carried that passion with her into numerous roles working with patients and staff. "I've had the privilege of working with cancer patients and their families for over 25 years. I have received so many gifts along the way – patients have taught me about strength, endurance, and determination to fight and beat cancer. I've been humbled to witness strength and grace while caring for end-of-life patients."

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



## Ronnie Metcalfe RN soars into retirement

Ronnie Metcalfe RN retired in April after 51 years in nursing, the past 20 in Surgical Services at Island Hospital. She decided she wanted to fly away. She got the idea while taking a break in the surgery lounge that has a large window with a view of the hospital's helipad. Dane Armstrong, a friend of hers, owns Friday Harbor Helicopters and provided her that ride into the sunset. And, not just a ride, but a hot load, meaning that the helicopter landed, blades spinning and took off once Metcalfe boarded. After a small party held by the Surgical Services staff, she was given the red-carpet treatment (literally).



## Jan Priggee RN retires after 18 years at Island Hospital

Grateful patients and staff attended a retirement party for Jan Priggee RN, who has served at Island Hospital for 18 years, most recently in the Cardiopulmonary Care Center. Priggee (center in photo) has been instrumental in the success of the highly utilized program that helps those with heart disease recover and get back to an active life. Helping celebrate were Chief Patient Care Executive Denise Jones RN (left) and Carol Bear RN.

# New surgical table improves hip-replacement procedures

Island Hospital (IH) recently added a new, innovative surgical table for direct anterior hip replacement and fracture repair procedures. The Hana orthopedic table improves surgical outcomes and provides surgeons with state-of-the-art technology for several procedures, including the anterior approach to total-hip arthroplasty (AATHA).

The Hana table is unique in that it allows the surgical team to precisely position and secure the patient for surgical procedures. “This precision gives surgeons more consistent and predictable outcomes, decreases risks, and improves safety for patients,” explains Curtis Rodin MD, an orthopedic surgeon with Skagit Northwest Orthopedics.

Anterior hip replacement accesses the hip joint from the front (anterior position). It’s a minimally invasive procedure that spares muscles. Patients typically recover quickly with little pain and a short hospital stay. While it’s a great option for many people, it’s not the best for everyone, says Dr. Rodin, so if you’re considering hip replacement, know that your surgeon will discuss your options and choose the right approach for you.

For patients preparing to undergo hip replacement, the Hana table may seem a little intimidating. But the table has been specifically designed for the anterior approach to hip replacement. It has a padded area to

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*Skagit Northwest Orthopedics surgeons Curtis Rodin MD (left) and Stacia Smith MD, with the Hana table that improves patient safety and outcomes.*

## Merle CCC offers dedicated navigator for breast-cancer patients

In cooperation with The Breast Institute of Skagit Regional Health, patients diagnosed with breast cancer now have a dedicated navigator to support them through the difficult journey of diagnosis, treatment and support.

At the Merle Cancer Care Center, the Breast Cancer Patient Navigator will step in immediately to support patients who may be in shock, disbelief, afraid, confused and anxious.

“Patients need to know ‘what happens next?’ and where to turn for help and accurate information and resources,” said MCCC Manager Dana Cunningham RN, MS, ARNP, OCN. “This is an excellent program that ensures breast-cancer patients have expertise and support at their side.”

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## Therapists provide 1:1 attention during rehabilitation

When illness, injury, or elective surgery disrupt everyday life, rehabilitative services help to restore muscle function, mobility and coordination. Physical, occupational, and speech therapists thoroughly evaluate a patient’s condition through both subjective reporting and objective testing. They discuss personal goals and prepare an individualized plan of care that is sent to the patient’s doctor for approval. Therapy generally includes therapeutic exercise, manual therapy, and modalities such as heat or ice. Individualized home-exercise programs supplement a patient’s work with a therapist as part of their treatment plan.

At Physical, Occupational & Speech Therapy (POST) at Island Hospital (IH), physical therapists, occupational therapists and speech pathologists treat each patient for an entire session, providing personal, one-on-one attention. A patient’s session with a therapist may last from 30 to 90 minutes depending on the treatment plan and the patient’s ability to tolerate the session.

Providing one-on-one attention to patients for the entire treatment session is highly beneficial. Therapists can continually assess the patient throughout the appointment to make sure the patient is progressing, doing exercises properly with attention to posture, and tolerating the treatment well. “It gives the patient the full attention they deserve to ask questions and discuss their treatment progress with their therapist,” says Ilima Shaw, Director of Physical, Occupational & Speech Therapy at IH.

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## Facilities upgrade

# Roof, systems project undertaken to improve 1962 building

As those visiting Island Hospital may have noticed, a major construction project is underway, one that includes replacing a 57-year-old roof – that would typically have a lifespan of 25 years – heating, ventilation and air-conditioning (HVAC) equipment; fire-suppression system; and lighting. The roof and underlayment materials of the original hospital building (circa early 1960s) are being replaced with a modern roof and “drop” ceilings similar to the modern buildings on campus.

The \$5.2-million project, started in March and expected to be completed in December, required the temporary clearing of a number of offices, storage areas and other spaces.

However, the impact on patient care is and will be minimal, according to Dave Scherer, Director of Facilities. “Interior work is being done



Workers remove old ceiling materials outside the main hospital storeroom.

during off-hours, so all services are being maintained.”

“I have to note the overall participation by the entire hospital since we began, it’s been a team effort and I’m thankful for everyone’s patience and support. This is a very important project to preserve the integrity, contents and operations of this building.”

Included in the areas being upgraded are the Island Hospital Foundation offices, Dietary office, Facilities Department, Administration, the Bistro and main hospital storeroom (part of the Supply Chain Department). The storeroom, purchasing and receiving areas had to be moved to allow for removal of the older, and installation of an energy-efficient ventilation system (which is housed on the roof directly above). The storeroom is temporarily located in the Medical Arts Pavilion on the east side of the hospital campus, requiring all deliveries of hospital materials to this location.

“We are doing very well despite moving from our area that is larger and built to handle delivery trucks and hundreds of different supplies and equipment used to run a hospital,” said Supply Chain Director Eric Hao. “Departments are all cooperating and the teamwork has been exceptional to ensure we don’t disturb important patient-care activities in this building.”

Money for the project has come from capital reserve funds, with \$96,000 from Puget Sound Energy in utility incentives. The project is expected to decrease annual energy costs by 8%. General contractor for the project is Apollo Solutions Group of Kennewick, WA.

## Auxiliary fundraising successful again

By Betty-Anne Ely  
Auxiliary President

The Island Hospital Auxiliary’s (IHA) mission is “to work collaboratively with Island Hospital leadership to raise funds to support, promote, and participate in special projects and services for the benefit of Island Hospital (IH), its patients, and our community’s health.”

To fulfill this mission, we raise funds through our events to purchase needed items for the Hospital. Two years ago, IHA committed to purchasing a new over-bed table for each new hospital bed. To date we have purchased 20 tables—half of the total needed—and we will purchase another four tables this year.

Each table costs \$650, which means IHA must sell a lot of Christmas trees and Easter baskets. These fundraisers are the main source of our income, and both were huge successes again this year, each selling out in less than three hours. We recently finished our Easter Basket Sale, selling 40 baskets and 15 gift plants. The baskets were very original, and there was something for everyone — tea lovers, coffee lovers, gardeners, etc. One for every interest!! I am in awe of the originality and creativity of our members!

We sell our Valentine’s Day candygrams to promote goodwill amongst our wonderful IH employees. The candygrams are Hershey candy

bars we decorate with pretty ribbon and tags. All IH employees have an opportunity to purchase a candygram for \$1 each and send it to a fellow employee as a “way to go,” “thank you for your help,” or a simple gesture of friendship. The IHA members then personally deliver those candy bars to recipients. They are chocolate hugs! It’s one of our favorite events, and we thank Walgreens and the Island Hospital Medical Staff for supporting this event.

Our Vial of Life project keeps us busy! We distributed more than 500 vials to physician offices, the Anacortes Fire Department, Resource Center at Island Hospital and the Anacortes Senior Activity Center. A wonderful and free service to all our community members, these vials provide an easy way for residents to make important medical information available to emergency responders. Our thanks to Westward Design, Anacortes Printing, and Walgreens for their continued support with this great project.

Our last event of the year is our Penny Drive, to be held Tuesday, July 16, to raise money earmarked for our Lifeline project. With the help from the Noon Kiwanis and the Anacortes Soroptimist Clubs, we support seven community members who need this service but cannot afford to purchase a Lifeline on their own.

Thanks to Dan Worra and the Port of Anacortes, we will celebrate our successes with a



The Auxiliary’s annual Easter Basket Sale, as usual, sold out quickly.

luncheon and camaraderie on the Cap Sante barge, then take time off to enjoy another Anacortes summer.

Our sincerest gratitude to the generous Anacortes businesses and organizations mentioned here who continue to support our projects, as well as to Sebo’s Henery Hardware for its ongoing generous donation of the miniature Christmas trees. We could not do all we do without them.

Lastly, we thank the community and especially our IH employees for generously supporting our events.

The Island Hospital Auxiliary always welcomes new members. Anyone interested can call Betty-Anne Ely at (360) 840-3038.

## Employees honored at Annual Recognition Dinner

Honored at Island Hospital's Annual Recognition Dinner will be 94 employees celebrating 5-year increments of service and 12 2018 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, 2018)

#### **5 YEARS**

Susan Bingenheimer  
Hope Chalfant  
Lindsey Dahlen LPN  
Jill Dye  
Debbie Ekstrom  
Douglas Fakkema  
Tressa Fraker CNMT, BS  
Ashleigh Galamison PharmD  
Kimberly Graf  
Chelsi Gress RN, BSN  
Gary Harr  
Lori Hrovat RN  
Kelsey Jenison  
Elizabeth Martin  
Lady Love McCauley  
Rita Meritt RN  
Almira Opilas CNA/HUC  
Raschel Richards  
Tasha Roughton  
James Schermele RRT  
Trisha Sharp RRT  
Clarisa Shook RN, BSN  
Karla Smith  
Samantha Snipes RDMS(AB OB/  
GYN) RVT(VT)  
Cynthia Speers  
Nicole Swain RN, BSN  
Daniele Swearingen CPC, CPMA  
James Sylvester CNA  
Whitney Tracy  
Cindy Vance RN, BSN  
Angela Walker RN

Douglas Weaver DPT  
Katherine Woyski RN  
Tim Wright

#### **10 YEARS**

Renee Ackron  
Nancy Akland RN, BSN  
David Ball PharmD  
Deniece Ballenger  
Michelle Bessler RN (OPD)  
Teri Blanton RN  
Deni Bowker  
Cindy Bowles CMA  
Debra Christopherson  
Anna Codd  
Patricia Codd  
C. Conway MD  
Kathleen Dale RN  
Jessica Dumbuya CNA/HUC  
Lisa Edwards RN, TCRN  
Judy Evans  
Kathleen Garde MD  
Sylvia Gonzales  
Joan Harris  
Kathleen Hartman  
Jason Hogge MD  
Anne Ijams  
Deanna Iverson  
Crista Jones  
Andrea Kunze RN  
Jayne Mardesich  
John Mathis MD  
Jewell Middleton RN, BSN



*Known for her smile and excellent customer service, Director of Patient Accounts Paula Fors has served at Island Hospital for 35 years.*

Molly Montgomery  
Francisca Murray RN  
Sherry Pabona  
Marie Phillips  
Robert Prins MD  
Kimberley Proudfoot  
Les Richards MD  
Eileen Rowland  
Austin Schafer  
Debra Sexton  
Kay Steiner  
Regina Stone RN, BSN  
Tamara Sutter RN  
Christina Taylor CRCST, CHL  
Melissa Wheeler CRCST  
Jodi Yeager RN, BSN, CCRN

#### **15 YEARS**

Kathy Corrion RN, MSN  
Alice Harstad RN  
Robert Holt RT(R)(CT)(MR)  
(ARRT)  
Vicki Jacobs RN, BSN, MSN  
Denise Jones RN, MSN  
Shannon Leedom RDMS(AB OB/  
GYN) RVT(VT)  
Anita McCoy RN, MN  
Tore Nelsen RT (R)(CT)(MR)  
(ARRT)  
Ray Ould CNMT  
Careisa Whitford CNA

#### **20 YEARS**

Elizabeth Graham MT (AMT)  
Dennis Richards  
Carl Walch Jr MT (ASCP)

#### **25 YEARS**

Kathi Tjeerdsma HUC

#### **30 YEARS**

Catherine Wood RN

#### **35 YEARS**

Paula Fors

## *2018 Employees of the Month*

**January – Jackie Marucci**

**February – Lesa Singleton**

**March – Rashonda Jordan, CNA/HUC**

**April – Shane Taylor**

**May – Carol Friedman**

**June – Connie Barker**

**July – Holly Eldridge MA**

**August – Teena Peardon CTR**

**September – Desiree Richards CNA**

**October – Eva Hardesty RN, MSN, BC**

**November – Andrea Kunze RN**

**December – Debbie Ekstrom**

## Volunteers recognized for service

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 Recognition Dinner. In 2018, Volunteers contributed more than 18,500 hours of service to the hospital. This amounts to a contribution of more than \$450,000! These are probably low numbers since Volunteer hours are typically under-reported by at least 20%. Our current Volunteer staff has contributed more than 200,000 hours over the years to Island Hospital!

### UP TO 99 HOURS

Maggie Amber  
Colette Arvidson  
Dean Becker  
Eva Beeks  
Fred Beeks  
Patti Bjarason  
Sally Brown  
Richard Carey  
Sue Chenoweth  
Robert Cummings  
Martha Dilworth  
Dorothy Engom  
Noriko Fitz-Gerald  
Ann Marie Humphreys  
Ken Hunting  
Wilbur Johnson III  
Ronald Johnston  
Marlene Kennerly  
Patty Koskovich  
Kip Lewis  
Katelyn McFarlin  
John McSweeney  
Sam Millen  
Gary Nevius  
Leander Nichols  
Connie Pangrazi  
John Pedersen  
Claudia Peters  
Ruth Peterson  
Sharon Price  
Yoli Quevedo  
Richard Rodriguez  
Connie Russell  
Randolph Schnable  
Michael Schwartz  
Pat Sterling  
Lyle Tiberghien  
Rick Wallace  
Rosemary Walter  
Brock Ward  
Peter Witheford

### 100-199 HOURS

Paul Allen  
Janice Altomari  
Lisa Anderson  
Cara Brown  
June Cook  
Darlene Gillespie  
Jay Ham  
Julie Hildebrandt  
Terry Kratzer  
Gayle Meacham  
Kevin Noyes  
Elvie Ribleza  
Joni Simmerman  
  
200-299 HOURS  
Debbie Claus  
Barbara Cooper  
Elizabeth Denison  
Joan Fossum  
Shirley Lewandowski  
Miriam Montgomery  
Steven Olsen  
Margaret Read  
Sarah Tobien  
  
300-399 HOURS  
Kristi Bankhead  
Laura Hamel  
Margaret Hardesty  
Bill Harpham  
Linda Lewis  
Jeri Liggitt  
Floy Ann Montee  
Tamara Satko-Alcorn  
Gabriella Troy  
Dirk Van Dyke  
  
400-499 HOURS  
Jan Hemme  
Julia Lee  
Kathy Morgan  
Michael Moss  
Karen Toedte

### 500-599 HOURS

Kristen Comeau  
Patty Munday

### 600-699 HOURS

Julie Anderson  
Danette Carroll  
Claudia Dillman  
Diana Holmes  
Patricia Van Skyhawk

### 700-799 HOURS

Bette Huff  
Robert McGary  
Linda Reeb

### 800-899 HOURS

Chris Anderson  
Patricia Dyer  
Rick Sleeper

### 900-999 HOURS

Barbara Allan  
Mac Langford  
Wendy Patterson  
Lenore Peterson  
Lily Van Wey

### 1000-1099 HOURS

Pegi Groundwater  
Carol Mann

### 1100-1199 HOURS

Don Campbell  
Sandy Hatfield  
Jean Vaughan

### 1200-1299 HOURS

Susie Cawley  
Cheri Pinson

### 1300-1399 HOURS

Karen Huber  
Peggy Insull

### 1400-1499 HOURS

Jean Garnez



At the Annual Volunteer Recognition Dinner Volunteer Marge Sargent (center) was awarded the Dorothy "Ho" Taylor Award for reaching 10,000 hours of volunteer service to Island Hospital. Presenting the award were Director of Volunteers Dennis Richards and Volunteer Services Coordinator Jennifer Van Dyke.

### 1500-1599 HOURS

John Insull

### 1600-1699 HOURS

Sally Kilpatrick  
Diane Ramerman

### 1800-1899 HOURS

Ann Huston  
Karen Maughan

### 1900-1999 HOURS

Judy Matey

### 2000-2099 HOURS

Pam Birchfield

### 2100-2199 HOURS

Joan Hallenbeck

### 2200-2299 HOURS

Diane Groves  
Jeanne Jebousek  
Pat Weeth

### 2300-2399 HOURS

Ginny Brightwell  
Brian McKee

### 2400-2499 HOURS

Jeri Strom

### 2600-2699 HOURS

Barbara Kiver

### 2700-2799 HOURS

Shellie Bogosian  
Betsy Rogers  
Maddie Rose  
Austin Schafer

### 2900-2999 HOURS

Peter Dowden

### 4200-4299 HOURS

Laurie Mueller

### 4400-4499 HOURS

Betty Adams

### 4800-4899 HOURS

Betty-Anne Ely

### 8000-8099 HOURS

Elaine Oliphant

### 10,000-10,499 HOURS

Marge Sargent  
Craig Smith

### 16,000-16,499 HOURS

Kydie McKee

## FAMILY CARE CLINICS REALIGNED TO IMPROVE PATIENT CARE, ACCESS, CONVENIENCE

The Family Care Clinics at Island Hospital — Anacortes Family Medicine (AFM) and Fidalgo Medical Associates (FMA) — have undergone some changes to improve care, access to services and convenience for patients. Therefore, five FMA providers have moved to AFM and three AFM providers to FMA. Our staffs are shown on these pages.

AFM has also seen some major facility renovation, including an expansion of The Walk-In Clinic allowing for a dedicated waiting area and exam rooms. We believe that our facility expansion and upgrading will result in a more professional, comfortable and pleasing environment for our patients.

Realigning the primary-care providers (PCPs) has brought similar practices together to improve efficiency and quality and cost-effectiveness. This will allow us to expand our capacity for adult medicine to meet expected growth as shown in our 2018 Community Health Needs Assessment.

*If you have any questions, comments or concerns, please contact us.*

**Anacortes Family Medicine**  
2511 M Avenue, Suite B  
(360) 299-4211  
brad.ogden@islandhospital.org

**Fidalgo Medical Associates**  
1213 24th Street, #100  
(360) 293-3101  
sharris@islandhospital.org

# Fidalgo Medical Associates



**James Abbey MD**  
*Physician*  
Internal Medicine, Board Eligible



**Sharon Brown AGPCNP-BC**  
*Adult Geriatric Nurse Practitioner*  
Family Medicine, Board Certified



**C. Les Conway MD**  
*Physician*  
Family Medicine, Board Certified



**JoAnn Eastman ARNP**  
*Family Nurse Practitioner*  
Family Medicine, Board Certified



**Erin Flanigan ARNP**  
*Family Nurse Practitioner*  
Family Medicine, Board Certified



**Nadine Foist MD**  
*Physician*  
Obstetrics & Gynecology, Board Certified



**Kathleen Garde MD**  
*Physician*  
Obstetrics & Gynecology, Board Certified



**Susan Jordan PA-C**  
*Physician Assistant*  
Family Medicine, Board Certified



**John Mathis MD**  
*Physician, Chief Medical Informatics Officer*  
Internal Medicine, Board Certified



**Robert Prins MD**  
*Physician, Chief Medical Officer*  
Obstetrics & Gynecology, Board Certified



**Tari Roche DO**  
*Physician*  
Family Medicine, Board Certified



**Susanne Wilhelm DO, FAAFP**  
*Physician*  
Family Medicine, Board Certified

# Anacortes Family Medicine



**Brandon Greene MD, FAAP**  
*Physician*  
Pediatrics, Board Certified



**Jason Hogge MD**  
*Physician, Chief of Staff*  
Family Medicine, Board Certified



**Lindsay Newlon MD**  
*Physician*  
Family Medicine, Board Certified



**M. Les Richards MD**  
*Physician*  
Pediatrics, Board Certified



**Caroline Roeder DO**  
*Physician*  
Family Medicine, Board Certified



## Brad Ogden promoted to Manager of AFM

**Brad Ogden** has been promoted to Manager of Anacortes Family Medicine. He has been serving as Supervisor of the Center for Pain Management (CPM) and The Headache Clinic at Island Hospital.

Ogden earned his Associate's degree in Applied Science from Central New Mexico University, Albuquerque, NM and both his Bachelor's and Master's degrees in Healthcare Administration from Purdue Global University (a part of the Purdue University system).

While continuing his education, Ogden supported the Nursing Department operations at Presbyterian Rust Medical Center, Rio Rancho, NM, Before serving as Oncology Patient Financial Advocate for PeaceHealth Cancer Center, Bellingham, WA and then Call Center Supervisor for HealthPoint, Renton, WA. He completed his Master's while working as Assistant Manager of Sales for Safelite Auto Glass, Rio Rancho, NM.



## Suzanne Harris takes helm at FMA

**Suzanne Harris** has taken over as Manager of Fidalgo Medical Associates (FMA), moving on from Anacortes Family Medicine. Harris has had an outstanding career at Island Hospital, including being named its 2009 Management Leadership Awardee.

Harris, a licensed practical nurse (LPN), started working for Island Hospital in December 1999 as Manager of La Conner Medical Center (which was part of the IH system at the time). She moved on to manage Anacortes Family Medicine in 2001 and oversaw operations at various IH specialty, family-care, Prenatal Care and Teen clinics during her tenure here.

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

When: Friday, July 26, 2 – 3:30 p.m.

Friday, October 25, 2 – 3:30 p.m.

Where: Anacortes Senior Activity Center

Cost: \$15

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

### BIRTH AND BEYOND

#### 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 13, 3 – 5 p.m.

Thursday, August 8, 3 – 5 p.m.

Thursday, October 10, 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, September 19, 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: Wednesday, September 11, 5 – 6:30 p.m.

Where: Fidalgo/Burrow Rooms

Cost: \$10

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

#### 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.

Tuesdays, July 2 – August 6, 6 – 8:30 p.m.

Tuesdays, September 3 – October 8, 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

#### 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.

Sat. & Sun., June 29 & 30, 10 a.m. – 6 p.m.

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

Sat. & Sun., October 5 & 6, 10 a.m. – 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$130/per couple or individual (covered by Apple Health)

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

REGISTRATION  
OPTIONS

1.

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

## What to Expect With a Newborn



Join a pediatrician and a lactation consultant for a class that will address newborn care and breastfeeding basics. Learn what's normal behavior for a newborn, how to keep your baby healthy and know what signs to look

for when your baby might be sick. Understand what to expect with breastfeeding, including how to get started, what to do if challenges arise and how to get breastfeeding support once you are home from the hospital. This class is open to pregnant and postpartum women. **This class is included in the childbirth education class series. If you are registered for childbirth classes this will be part of the class series.** Babies up to 3 months old are welcome to attend.

*When: Tuesday, August 6, 6 – 8:30 p.m.*

*Tuesday, October 8, 6 – 8:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

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

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

## 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 common 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: Wednesday, October 23, 6 – 7:30 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: FREE*

*Instructor: Kathleen Garde MD, OB/GYN*

## HEALTH CARE PROFESSIONALS TRAINING

### HIV/AIDS Training for Licensure

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

*When: Monthly, call for dates*

*Cost: \$30 for residents of Skagit, Island & San Juan Counties, \$40 for non-residents & free for current Island Hospital employees.*

*Registration: 360-299-1309*

## HEALTHY RELATIONSHIPS

### Stop Fighting: Start Talking

Tired of the same arguments over and over again? Do you lose track of what you are arguing about and end up fighting about nothing? Here is a class that can help. Based on the work of John and Julie Gottman, this class will teach you skills to have more productive and less repetitive arguments. All relationships have conflict and it can be a chance to learn and grow your relationships by using simple tools to facilitate communication.

*When: Tuesday, June 25, 6 – 8 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$25/per couple*

*Instructor: Jim Marshall MA, LMHC*

### Staying Connected... It's Not That Hard!

Feeling disconnected from your partner? Has the stress of work and family created distance and loneliness in your relationships? You aren't alone. It is possible to reconnect and stay connected with some simple tools that can keep you and your partner connected and increase intimacy. Based on the work of John and Julie Gottman, these simple, proved tools can help us create the relationships we always wanted.

*When: Tuesday, August 27, 6 – 8 p.m.*

*Where: Fidalgo/Burrows Rooms*

*Cost: \$25/per couple*

*Instructor: Jim Marshall MA, LMHC*

## 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 26, 9 a.m. – 5 p.m.*

*Wednesday, September 25, 9 a.m. – 5 p.m.*

*Where: Fidalgo/Burrows Rooms*

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

*Instructor: Madeline Rose*

## ESSENTIAL OILS



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

### Essential Oils for the Mind, Body & Soul

This workshop will allow you to blend essential oils to help meet your wellness needs. Learn how to make an organic therapy oil and aromatic spray to take home.

*When: Wednesday, June 19, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$30 (includes supplies)*

### Stress Relief with Aromatherapy

Learn how aromatherapy can provide stress relief. In this interactive class we will smell, mix and test several recipes. You will leave the class with the confidence to work with essential oil remedies in the future.

*When: Wednesday, September 18, 6 – 7:30 p.m.*

*Where: Fidalgo Room*

*Cost: \$30 (includes supplies)*

*"Michelle was a wealth of information! Thoroughly enjoyed the class - look forward to more!"*

*– Essential Oils class participant*

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

3. Call 360-299-4204

## HEALTH INSURANCE

### Medicare 101: Understanding Your Medicare Choices



Do you need help deciphering the Medicare puzzle? Join us to learn more about traditional Medicare coverage, Medicare Advantage Plans, Prescription Drug Coverage,

gaps, enrollment and fraud protection.

When: Monday, June 10, 1 – 2:30 p.m.

Tuesday, July 9, 1 – 2:30 p.m.

Monday, August 12, 1 – 2:30 p.m.

Monday, September 9, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

*“Good instructor, handouts were informative – thank you!”*

– Medicare 101 class participant

## 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, August 22, 29 &

September 5, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

*“Loved the class!”*

– Meditation for Everyday Living Class participant

## PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

### 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, June 5, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

### 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, July 17, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructors: Allison Blackwell PT, DPT & Mary Beth Robinson MS, RD/LD, CDE

*“It was good to be in a group of similar age & ability persons. The presenters did an excellent job of providing the appropriate information for the age group.”*

– Osteoporosis: Exercise & Nutrition class participant

### 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 pre-

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

When: Thursday, June 27, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom, MPT

## SPECIAL EVENTS

### Intermittent Fasting Class



Join local Naturopathic Physician Alethea Fleming for an informative, clear explanation of what intermittent fasting means, why and how to try it, and the various approaches commonly used.

When: Wednesday, September 18, 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: Tuesday, July 23, 10 a.m. – noon

Friday, September 20, 10 a.m. – noon

Tuesday, October 15, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

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

## CANCER SUPPORT

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### 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**

### Feeling and Looking Your Best During Cancer Treatment

 **NEW!** This class helps people in cancer treatment feel and look their best while coping with treatment. We will also discuss ways to maintain a healthy self-image and confidence during this challenging time in the cancer journey.

*Call for dates*

*Merle Cancer Care Center Conference Room*

**Contact: Danah, 360-588-2082**

### Individual Counseling

Individual counseling is offered by a Master's level, licensed social worker and available to anyone living with and/or anyone affected by cancer. This service is open to the community; participants do not need to be patients at the Merle Cancer Care Center to qualify. Insurance may cover the cost of this service. Appointments required.

**Contact: Danah Peace Laws, LICSW, OSW-C, 360-588-2082**

## CARDIOPULMONARY CARE CENTER PROGRAMS

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### 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 COUNSELING

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### 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

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### 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**

## PREGNANCY, CHILDREN AND FAMILIES

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### 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

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### Anacortes Teen Clinic

The Teen Clinic is free of charge for teens (age 18 and under). The clinic is open on Wednesdays from 2:30 – 4:30 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**



# Resources & Support Groups

## 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 a registered dietitian 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, 360-298-8824

### Parkinson's Disease

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

### Restless Leg Syndrome

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

*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.

## 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 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 video-conferencing.



**Robin Murphy RN**, cares for patients at **The Walk-In Clinic at 2511 M Avenue, Anacortes.**

### 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 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**

### HOURS

Monday – Saturday: 8 a.m. to 8 p.m.

Sunday: 9 a.m. to 5 p.m. • Holidays: 9 a.m. to 3 p.m.

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 11, 10:30 a.m. – 12:30 p.m.

Tuesday, October 29, 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 9, 9 – 11 a.m.

Tuesday, September 10, 9 – 11 a.m.

Where: Health Resource Center

Cost: \$10

## Health Screening Event

Island Hospital will be offering a health screening event. Participants may choose to have their blood tested for:

- Cholesterol & Glucose
- Vitamin D

**No appointment required.** Please do not arrive prior to 7:30 a.m.

**BEAT IT!**  
Fight Heart Disease

**Cholesterol & Glucose:** 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.

**Vitamin D:** 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.

When: Tuesday, July 16, 8 – 11 a.m.

Tuesday, October 22, 8 – 11 a.m.

Where: Health Resource Center

Cost: Cholesterol & Glucose, \$15\*

Vitamin D, \$40

Both Screenings, \$55

\*Insurance may cover the cost of your screening.

## Clinical Breast Exams

During this screening, Sharon Brown, AGPCNP-AC will examine your breasts to detect any abnormalities that may require further diagnosis. Appointments are required.

When: Tuesday, October 29, 8 a.m. – noon

Where: Merle Cancer Care Center

Cost: FREE

2018 Breast Screening Results: 14 people participated; 1 abnormality detected and required follow-up with their healthcare provider.

## Colon Cancer Screening

Colon cancer is one of the leading causes of death from cancer in the United States, but with early detection, it can be treated much easier. This screening will provide you with a take-home stool sample kit that can detect hidden blood, which can be a symptom of growths within the colon. Complete the kit at home and return it to Fidalgo Medical Associates. Your results will be mailed to you. No appointment required, stop by to pick-up a kit. **You must be present to get a kit!**

If you have insurance (other than Medicare or Medicaid), please bring your insurance card.

Most insurance plans cover a set of preventative screening tests at no cost to you. We will bill your insurance so you can get credit for this screening. If your insurance doesn't cover the cost of the screening, your cost will be \$10. Call 360-299-1309 for questions.

When: Tuesday, September 17, 9 – 11 a.m.

Where: Fidalgo Medical Associates, Island Medical Center, 1213 24th Street, Suite 100

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

## Memory Screening

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. They can also provide strategies to help you improve in these areas of difficulty in order to help you succeed. Appointments are required.

When: Tuesday, June 25, 1:30 – 3:30 p.m.

Tuesday, September 24, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

**NEW!**

You can now register for our screenings online at [www.islandhospital.org](http://www.islandhospital.org).



## 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 4, 1:30 – 3:30 p.m.

Tuesday, August 13, 1:30 – 3:30 p.m.

Tuesday, October 1, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE



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

Please give blood at Island Hospital

**Monday, July 22 &  
Thursday, Sept. 26  
9 a.m. - 3 p.m.**

**Fidalgo/Burrows Rooms**

Call 1-800-398-7888 and select extension #1 to schedule an appointment



*Michele Tangaro enthusiastically raises paddle no. 291 in support of the Island Hospital Emergency Department Heartstrings Appeal. Helping draw the attention of the auctioneer is her husband James Tangaro, General Manager of Marathon Petroleum's Anacortes Refinery (Gala Ruby Sponsor), who also serves as IHF Board Secretary.*

## 2019 Gala of Hope sets record for funds raised

Guests began arriving early, adorned in jewel tones or evening attire accented with their favorite color to match the evening's theme: The Color of Miracles. Doormen in colorful vests and top hats greeted attendees, hosts served shimmering prosecco and appetizers, and everyone found a gift box of custom chocolates at their tables before mingling in the elegant setting.

Island Hospital Foundation (IHF) held its 16th Annual Gala of Hope at the Wa Walton Event Center at Swinomish Casino & Lodge on April 27, 2019. Guests enjoyed dinner, purchased Medallion and Diamond raffle tickets, participated in a live auction and danced at the after-party in support of Island Hospital's commitment to community health. More than 350 attendees gave generously—contributions by the end of the evening totaled a Gala record \$712,027!

Sold out six weeks in advance, this year's event set the primary fundraising goal – the Heartstrings Appeal – at \$500,000 to purchase new patient-monitoring devices for the Emergency Department (ED) at Island Hospital, replacing devices that are more than 20 years old. With new devices, ED personnel have access to the latest medical technology

for monitoring the heart, respiratory system, blood pressure, carbon dioxide levels, and can quickly review diagnostics for accurate and efficient decision-making.

Dianne Kuhn, president of the IHF board of directors, asked the crowd to raise the paddle for the Heartstrings goal, and they responded, donating \$453,728 – all in support of 16 new telemetry machines, two central workstations, two EKG carts, and eight days of staff training.

“We are so delighted and uplifted by the tremendous generosity of those attending the Gala,” said Jeannette Papadakis. “We continue to see donations following the event and still hope to reach our huge goal of \$500,000 for the Heartstrings appeal.”

The IHF annual fundraising event draws donors from Anacortes, Skagit County, and beyond to support the work of the foundation and programs at Island Hospital such as patient-relief grants, mental-health intervention, preventative screenings, palliative-care education and more.

To give a gift toward any of the foundation's programs or contribute to the 2019 Heartstrings Appeal, go to [www.myihf.org](http://www.myihf.org) or call (360) 299-4201.

### **The Foundation thanks all its sponsors for their support and generosity:**

Ruby sponsor – Marathon Petroleum Corporation

Sapphire sponsors – Labcorp, Skagit Radiology Inc. PS, Terry and Sheri Tyson

Jade sponsors – Troy and Joyce Kunz, Banner Bank, Dakota Creek Industries, Mayor Laurie Gere, Bill and Wendy Rabel, Merchants Credit Association

Patron Table sponsors – Elise Cutter/Denise Jones/Vince Oliver/Carolyn Pape/Dr. Robert Prins, Paula Paulus, Jeff and Linda Hendricks, Anacortes Chiropractic Center, Fidalgo Medical Associates, Dr. Kathy Garde, Rick and Meredith Machin, Peoples Bank, Heritage Bank, Shell Puget Sound Refinery, Furin & Company and Strandberg Construction, Reid and Ann Meyers, Skagit Northwest Orthopedics, TeamHealth

Diamond Raffle sponsor – Burton Jewelers

Cocktail sponsor – Cap Sante Marine

Décor sponsor – Intalere

Food sponsor – Trident Seafood Corporation

Guest Gift sponsor – Island Hospital Medical Staff

Live Auction sponsor – Tides of Anacortes, Terry and Janice Altomari

Community sponsor – Bank of the Pacific, CPI Plumbing & Heating, Puget Sound Kidney Center, Synergy Sports Technology

### **Highlights from the 2019 Gala of Hope**

- At the end of the night, donations totaled more than \$711,677, including \$452,728 designated toward the purchase of new telemetry equipment for the Emergency Department.
- Retiring IH CEO Vince Oliver received a standing ovation as Dianne Kuhn, President of the IHF board, thanked him for 19 years of dedicated service and leadership.
- Paula Paulus, a patient featured in Heartbeats as recipient of exceptional care at the IH emergency department, attended the gala with her Canadian friend Reta, who helped save her life during the onset of an ischemic stroke.

# IHF welcomes two new board members

With a commitment to quality local healthcare, Island Hospital Foundation works to engage the community and raise funds that improve the services at Island Hospital. Grants, donations, and direct fundraising help support the Medical Arts Pavilion and provide cutting-edge equipment, patient-support programs, community resources, and free or low-cost screenings. IHF board members are passionate about preserving and growing local community healthcare, and they bring a breadth of experience as they serve, providing fiscal oversight and stewardship, setting policies and goals, and fundraising.

The IHF board recently welcomed Connie Miller and Bill Rabel to the board, filling two open positions.

## Connie Miller



Miller and her husband, Don Winget, have owned and operated Broadcast Tools for 30 years, where they've collaborated to design and build specialized equipment for TV, radio and

internet broadcasters. As the key administrator at the business, Miller brings extensive experience in finance and budgeting, customer service, and human resources to the IHF board. No stranger to volunteerism, Miller has held leadership roles with several

organizations, including serving as an officer for the Sedro-Woolley Chamber of Commerce, Burlington Better Speakers Toastmasters Club and the Skagit Women's Investment Club. She's also enjoyed serving as a youth leader for teen girls at her church and as a Thriving Heart Life Skills Coach, where she mentors women and teaches life skills classes.

After relocating to Anacortes, Miller knew she really wanted to jump in and get connected. "I want to know not just people in my own neighborhood or my circle of friends, but the people of Anacortes. After attending an IHF open house, I realized that the hospital is a place that serves ALL of Anacortes, and it often does so in times of stress or crises. I can't think of a better way for me to personally serve and grow than by working to help Island Hospital Foundation meet the needs of our community."

## Bill Rabel



Rabel previously served two terms with the IHF board and looks forward to participating again. Born and raised in Seattle, Rabel attended the University of Washington and earned

a Bachelor's degree in Mechanical Engineering, which he put to use in his family's business, Star Rentals. In its fifth genera-

tion of family ownership, Star Rentals supplies equipment rentals to contractors and industry throughout Oregon and Washington. As he worked in the business, Rabel gained management skills and now oversees the company with his two brothers.

Consistently making time for volunteer and service work is important to Rabel, and he credits his parents for setting this example for him. A Rotarian for over 35 years, he has traveled to Africa twice with Rotary teams to build housing and help administer polio immunizations. In addition, he is currently the community member on Island Hospital's Quality Assurance Committee, gaining valuable insight into the demands of operating a modern hospital. "Volunteering enriches one's life," says Rabel, "and I look forward to working on the Island Hospital Foundation board."

## Remembering

*The Island Hospital Foundation received gifts to remember and honor those listed here between Jan. 1 and April 30, 2019*

### GIFTS IN MEMORY:

Tom Bates

Judith (Ann) McHarg

Lori Egbers

Susan Medalia

Thomas Evans

Boris Olich

### GIFTS IN HONOR:

Bob & Camille Cisco

IH Medical Records

Eugene Estrella

Department

*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**

## We're Hiring!

### Become Part of Our Promise!

To apply or view our open positions please visit our website:  
[www.islandhospital.org/careers](http://www.islandhospital.org/careers)



ISLAND HOSPITAL

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## HAMMER continued from page 5

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invited to lecture at a variety of conferences and meetings, discussing topics including operational and disaster psychiatry, stress management, and suicide prevention. He is a contributor to several research papers and projects in military medicine. In addition, he's currently the president of the Academy of Organizational and Occupational Psychiatry, an organization that works to help psychiatrists consult with businesses. "I'm particularly fascinated by the intersection between the workplace and mental health. It's an area that has been neglected, but we're becoming more aware of its importance."

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

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## THERAPY continued from page 8

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POST serves pediatric, adult and geriatric patients. Most therapists at the clinic have specialty training, allowing patients to be matched with an appropriate therapist. Specialties include – but aren't limited to – neurological function, speech and swallow dysfunctions, cognitive impairments, orthopedics, sports medicine, fitness and health, pelvic health, balance disorders, lymphedema, spinal dysfunction, and manual therapy.

POST is located in the Medical Arts Pavilion, 1015 25th Street, Anacortes. For information, call (360) 299-1328 or visit [www.islandhospital.org](http://www.islandhospital.org).

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## TABLE continued from page 8

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support the patient's head and torso. It secures the patient's feet in boots that are attached to the table. Then, adjustable supports allow the surgeon to rotate, lift, and lower the legs independently, giving access to the area of the hip or leg with greater control and precision. The surgeon locks the supports into place once the patient is in an optimal position—securely immobilizing the patient and providing the best access and visibility for the surgical team to work.

"We truly appreciate the purchase of this equipment, as it is a great demonstration of the priority Island Hospital places on providing the highest quality, most efficient, and safest care to our patients," says Dr. Rodin.

For more information, contact Skagit Northwest Orthopedics at (360) 424-7041.

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# IH farm stand opens June 11

The popular Tuesday farm stand at Island Hospital, sponsored by the IH Employee Wellness Program, opens June 11 in the courtyard near the hospital's 24th Street main entrance. The IH farm stand is the perfect place to shop for local produce and much more from Schuh Farms in Mount Vernon.

The farm stand runs every Tuesday from 11 a.m. to 4 p.m. through Sept. 10 and will feature fresh local:

- Produce (including berries),
- Jams and honeys
- Fresh-baked fruit pies and shortcake
- Flowers
- Recipes and health/nutrition tips.

### Fresh-to-Go bags

Weekly Fresh-to-Go (FTG) bags are available to pre-order for \$12. The bags contain five to seven produce items ready for easy pick-up at the farm stand. What you get in your FTG depends on what's in 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 Mary Beth Robinson RD at [farmstand@islandhospital.org](mailto:farmstand@islandhospital.org) and provide full name, email address and phone number.

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*Stocking up – Employees of Schuh Farms will set up a farmstand every Tuesday near the 24th Street main entrance beginning June 11.*

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## NAVIGATOR continued from page 8

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The Breast Cancer Patient Navigator will assist patients with:

- Finding answers to questions and connect patients with reliable, accurate information about your disease.
- Scheduling with the right doctors at the right time.
- Making sense of a complex healthcare system and ensure records are transferred in time to each physician.
- Ensuring patients have access to our entire team to provide support, education and financial assistance as required.

The Patient Navigator is the "go-to" for all questions and concerns, offering guidance and assistance from the moment care begins, and support throughout treatment and into survivorship!

The Breast Institute at the Skagit Regional Health Cancer Care Center in Mount Vernon is designed to increase access to coordinated multidisciplinary breast-cancer care, offer wellness surveillance visits for survivors, and provide education for our community in all aspects of breast health.

*The Merle Cancer Care Center is located on the upper level of the Medical Arts Pavilion at Island Hospital, 1015 25th Street, Anacortes. For information call (360) 299-4200 or visit [www.islandhospital.org](http://www.islandhospital.org).*

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## Skagit Sun brightens the hospital's summer



Each year, Skagit Sun Berries has donated a portion of its Anacortes sales to the Island Hospital Foundation. In 2018, \$6,785 was given, bringing the total amount to \$44,947. Owner of Skagit Sun Don Kruse (right) stands at his berry stand last year with IHF Director Jeannette Papadakis. This spring and summer, Skagit Sun Berries will operate its stand at 12th Street and Commercial Avenue (next to American Dream Realty), and again donate to the IHF.

## IH employee-wellness programs shine

### IH wins consecutive Zo8 awards

For the third straight year, 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.

In addition, IH Employee Wellness was recognized as one of five honorable mention recipients for the coveted Golden Apple Award at the Healthy Worksite Summit this past March. The Golden Apple Awards recognizes outstanding employee health promotion programs among public and private employers in Washington State.

The Employee Wellness Committee has been under the leadership of Suzie DuPuis RD since its inception in 2007. In June 2019, DuPuis will be retiring after 32 years of service at Island Hospital. DuPuis was instrumental in establishing the seasonal farm stand at Island Hospital along with providing numerous opportunities for employees to develop healthier lifestyles. Barb LeDuc, Community Relations Coordinator, who has served on the committee for the past eight years, will transition into DuPuis' chairman role on the committee.

## Dedicated Soroptimist Clubs support young families



Soroptimist International of Anacortes (SIA) and Soroptimist International of Fidalgo Island (SIFI) came together again for the annual Community Baby Shower to benefit young families in need. Supplies donated included infant clothing, knitted baby sets, diapers and much more, all donated to the Center for Maternal & Infant Care at Island Hospital. In the photo are (from left) Lorraine Patmore, Cheryl Gilman (SIA), Shannon Woodall (SFI), Carol Garner (SIA), Diane Goetz (SIFI), Tere Mccarroll (SFI), Marianne Van Rooyen RN (Island Hospital) and Effie-Jo Lindstrom RN (Island Hospital). Chandler Square resident Patmore knits 60 onesies each year to donate.

Island Hospital  
Foundation  
1211 24th Street  
Anacortes, WA 98221

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ECRWSS  
Resident

# 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)