



ISLAND HOSPITAL

SPRING 2021

# HEARTBEATS

Island Hospital Health And Wellness Center

*Coming 2022!*

*What's inside*  
The Road to Recovery  
Post-COVID Care  
and Treatment



Island Hospital - NAPA Building  
West Elevation - Scheme F

Island Hospital - NAPA Building  
East Elevation - Scheme F  
April 01, 2021



**A New Pod Has Arrived  
on Orcas Island**  
Island Primary Care - Orcas

**The Well Journey Adventure**  
Island Hospital Foundation Fundraiser 2021



**CHARLES HALL, MSN, MBA, CHIEF EXECUTIVE OFFICER**

Wellness Center will deliver on our commitment to quality care and quality outcomes, while enhancing our region's quality of life. We hope you'll join the Island Hospital Foundation's Spring Fundraiser beginning next week in support of the Island Hospital Health and Wellness Center.

While we're expanding in Anacortes, we've also expanded in the San Juan Islands. Island Primary Care – Orcas opened April 5, 2021, and we couldn't be more thrilled to have Dr. Frank James as Medical Director of our Orcas clinic. Island Hospital was selected by the Orcas Island Health Care District (OIHCD) last summer to provide primary care on the island. With the help of our excellent team of providers, staff, Orcas residents, and OIHCD Board members, we're now delivering primary, same-day and after-hours care to our Orcas community members. You can read more about the staff and services offered at Island Primary Care – Orcas in this issue.

We are also excited to announce the expansion of gastroenterology, urology, women services, critical care services and general surgery services with the introduction of four highly experienced and reputable physicians. I am thrilled to introduce you to a few new faces at Island Hospital:

- Dr. Donald Wakelin is our new gastroenterologist joining us this month to offer expanded services in digestive health to our community.
- Dr. Joe Wilson is an OB/GYN who is providing expanded services in women's health.
- Dr. Patricia Franklin will assist with expanding our general surgery services with the Island Surgeon's team.
- Dr. David Rice is a seasoned urologist joining Island Hospital from Lewiston, Idaho. He will help expand these critical services, alongside Dr. Kevitch, in our urology department.

Our hospital will be able to expand our care for our most critically ill patients with the new Tele-ICU. This allows for 24/7 specialist care, including a remote intensivist and ICU nurses available to collaborate with our acute care team. This technology would not be possible without the support from a generous community member. We are truly grateful for the partnership and support from our wonderful community.

I'm also thrilled to announce Julie Norton Stewart, MBA, who joined our leadership team in January as our Chief Financial Officer. She took the helm as CFO as Elise Cutter moved into the Chief Operating Officer role this year. Together with our Chief Nursing Officer, Carol Northup, RN, BSN, MA, CENP our focus will remain on expanding services and meeting the needs of our community. Please read more about all of these new faces in this edition of Heartbeats.

I'd like to thank the community for the support we've received over the last year. Our entire team looks forward to collaborating with you as we continue to address your healthcare needs. I hope you enjoy a sunny spring and summer season, full of hope and good health.

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## THE FUTURE OF HEALTH & WELLNESS

A LETTER FROM OUR BOARD PRESIDENT, JAN IVERSEN

I am excited to share with you the future of healthcare in our community. Island Hospital has been hard at work planning for a Health and Wellness Center in the former NAPA building on Commercial Avenue in Anacortes. This center will reduce barriers to healthcare by offering free and low-cost health education classes, seminars, and events for our community, both in Anacortes and beyond.

With audio-visual equipment to broadcast classes to areas outside of Anacortes, Island Hospital plans to offer both in-person and remote learning for many of the classes offered in the new space. The focal point of the center will be a teaching kitchen, where community members can learn how to make healthy meals on a budget; understand what foods are important to battle chronic illness; assist new parents with feeding their picky eaters, and more.

The center is being designed as a flexible space.

This allows for a range of programming brought to you by various departments of the hospital. From Dietary to Physical, Occupational and Speech Therapy, to Psychiatry and Behavioral Health, we plan to bring classes and education on all facets of wellness to better improve quality of life in our community. This will truly be a collaboration of medical providers, dietitians, therapists and educators working together to improve the health of our community.

Please read more about the Health and Wellness Center in this issue. I hope you'll join me in support of the Island Hospital Foundation's Spring Fundraiser, which will raise money for our new center. The Board of Commissioners and I greatly appreciate the support from the Foundation. Their partnership, along with the support of our community ensures we can deliver the best healthcare for our community for years to come.

*Continued on page 6.*



## INTRODUCING OUR NEW CFO Julie Norton Stewart

Island Hospital's New Chief Financial Officer

Island Hospital welcomes new Chief Financial Officer, Julie Norton Stewart, effective January 2021. Stewart succeeds Elise Cutter who served as Island Hospital's Chief Financial Officer since 2013 and has moved into a new leadership position as Chief Operating Officer within the organization. Stewart brings a depth of experience to the role with expertise in leading financial operations and strategic business development.

*"I am happy to embrace Island Hospital's vision while looking towards the future."*

"I am thrilled about the opportunity to move to this welcoming community where I can foster the trust and goodwill of people that rely on Island Hospital for all their healthcare needs," said Stewart. "I am happy to embrace Island Hospital's vision while looking towards the future and focusing on strategy and growth during this complex and challenging time."

Stewart adds tremendous value to Island Hospital's leadership team, contributing unique strengths with developing financial models, assessing financial risk, and evaluating cost structures and revenue streams.

"Julie is an excellent addition to our organization and her diverse background in finance will have an immediate impact on the public good as our leadership team collectively navigates through these unprecedented times," said Island Hospital CEO Charles Hall, MSN, MBA.

Stewart earned her Bachelor of Science in Finance and Master of Business Administration (MBA) from Clemson University in South Carolina. After living in Portland, Oregon for 22 years and owning the Academy Theater, her family has relocated to Anacortes, creating a new home for themselves within the vibrant community. Stewart's daughter is currently a freshman at Oregon State and her son is a junior in high school. Stewart and her family are enjoying their new home and look forward to exploring all Anacortes has to offer.



**Senior Leadership Team (from left to right):**  
Carol Northup, RN, BSN, MA, CENP – Chief Nursing Officer  
Julie Norton Stewart, MBA – Chief Financial Officer  
Charles Hall, MSN, MBA – Chief Executive Officer  
Elise Cutter, MBA – Chief Operating Officer

## Keeping Young Athletes **IN THE GAME**



Island Hospital is proud to provide athletic training services to Anacortes High School as part of a new sponsorship with the school. The collaboration of the athletic training program with Island Hospital's comprehensive medical care helps provide every student-athlete highly skilled care and enables athletes to return to play faster.

This partnership ensures that an athletic trainer is present at practices, home games, and post-season games to ensure the safety of all athletes in every sport. The athletic trainer's role is to provide emergency care, injury prevention, evaluation and rehabilitation to athletes, as well as to provide injury consultation to physicians, coaches, parents and students. Athletic trainers are a vital role in any high school athletics program and ensure injured athletes receive timely and appropriate care. Athletic trainers are not just limited to providing care on the field, but also provide care through physical therapy clinics, helping physicians administer pre-participation physicals, and so much more.

Island Hospital recently hired Hayley Stout, LAT, ATC, who has been the athletic trainer with

Anacortes School District for the last two years. She is a graduate of Aurora University, with a Bachelor of Science in Athletic Training and a minor in Physiology. Hayley has worked in many different settings ranging from high school and collegiate athletics to outpatient care. In addition, Hayley is passionate about giving back to the community any way she can. One way she does this is through providing guidance to the health and sports medicine teacher at Anacortes High School about best practices in athletic training and how to grow the program. She is eager to set up job shadowing opportunities for interested students throughout the hospital.

"Working with Island Hospital, assigned to Anacortes High School, is a great opportunity for me to work within a wider range of medical professionals while continuing to support the amazing student-athletes in our region," said Stout.

Look for Stout on the sidelines at the next Anacortes High School sporting event.

Go Seahawks!





**Donald Wakelin, MD**  
Gastroenterology  
Western Washington Medical Group

Dr. Donald Wakelin is an established and highly skilled gastroenterologist with more than 14 years of experience. Wakelin earned a medical degree from the University College Cork in Cork City, Ireland. His residency in internal medicine and fellowship in gastroenterology training was completed at the University of Arizona, Tucson, AZ. Wakelin is board certified by the American Board of Gastroenterology.

**Joseph Wilson, MD**  
Obstetrics & Gynecology  
Fidalgo Medical Associates

Dr. Joe Wilson earned his Doctor of Medicine from the University of Arkansas College of Medicine in Little Rock, AR. He continued his training at the National Naval Medical Center in Bethesda, MD with an internship in Internal Medicine, followed by a residency in Obstetrics and Gynecology. After leaving Naval service as Chief of OB/GYN at NH Camp Lejeune, NC, Dr. Wilson entered private practice in 1987. In addition to being an accomplished board-certified provider, Dr. Wilson has held multiple academic appointments and volunteer positions both domestically and abroad.

**Patricia Franklin, MD**  
General Surgeon  
Island Surgeons

Dr. Patricia Franklin obtained her Doctor of Medicine degree from the University of Arkansas in Little Rock, AR and completed a general surgery residency at Virginia Mason in Seattle. An accomplished board-certified surgeon, Franklin has held a number of administrative positions including Chief of Surgery and Medical Director of Surgery and Trauma. In addition to general surgeries, she performs endoscopy procedures.

**David Rice, MD**  
Urology  
Island Urology

Dr. David Rice is an experienced urologist joining Island Hospital from Lewiston, Idaho. He received his medical degree from the University of Kansas School of Medicine and has been practicing for more than 20 years. Dr. Rice is board certified by the American Board of Urology.

**The Future of Health and Wellness (continued)**

As we look to the future of healthcare, we must continually adapt to the needs of our community. This requires expanded services and additional providers. In this issue you'll read about expanded services in gastroenterology, urology, women's health, surgery and critical care services. We're excited for you to meet our new providers.

While the hospital has been focused on expanded services to meet our region's needs, the staff has also been helping our community fight through the pandemic. The COVID-19 vaccination rollout by the hospital has been a true testament to the staff's commitment to our community. Their ability to adapt and respond to a challenge quickly has been inspiring. This

work required advocacy to get vaccines for our community and dedication to get them administered. On behalf of the Board of Commissioners, I'd like to thank the staff and volunteers who have worked tirelessly in this effort. Thank you for your partnership in this important work.

**If you have questions or comments for any of the Commissioners, please email us at: [commissioners@islandhospital.org](mailto:commissioners@islandhospital.org) or call at 360-299-1327. We appreciate your input and ideas.**

**Community Classes**

*All classes and screenings at Island Hospital require registration unless specifically stated in the program description. Please provide a minimum 24 hours advance notice for cancellations.*



**Car & Booster Seat Clinic**

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. Face masks are required (children under 2 exempt). Vehicles limited to four family members. Technicians will be wearing masks and fresh gloves for each vehicle.

**When:** Thursdays, June 10 & August 12th  
3 – 5 p.m.  
**Where:** Island Hospital's 24th Street parking lot  
**Cost:** FREE  
**Appointments Required:** [CarSeatsNW@gmail.com](mailto:CarSeatsNW@gmail.com)

**Childbirth Education Classes**

This four-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.

**When:** Tuesdays, July 6 – 27, 6:30 – 8:30 p.m.  
Tuesdays, September 7 – 28, 6:30 – 8:30 p.m.  
**Where:** ONLINE  
**Cost:** \$95/per couple or individual (covered by Apple Health)  
**Instructor:** Teri Shilling, MS, LCCE, CD(DONA), IBCLC



**Healthy Sleep Habits**

Join Dr. Reyna, Medical Director of the Island Hospital Sleep Wellness Center, for a review of healthy sleep habits to help you obtain a good night's sleep. You will learn how to develop a good bedtime ritual and to identify those behaviors that interfere with getting quality sleep. We will outline normal sleep cycling and sleep patterns and how that impacts whether you wake up feeling refreshed in the morning.

**When:** Wednesday, July 28, 1 – 1:30 p.m.  
**Where:** ONLINE  
**Cost:** FREE  
**Instructor:** Robert M. Reyna, MD



**Nutrition for a Healthy Pregnancy**

Learn essential tips for ensuring proper nutrition during each stage of your pregnancy from conception to the first post-partum meal. Join a registered dietitian for this webinar that will cover topics including critical nutrients for each stage of fetal growth, strategies for managing morning sickness, and methods to build your milk supply. Nourish your body with a well-balanced diet to give your growing child a great start to life.

**When:** Wednesday, May 26, 6 – 6:45 p.m.  
Wednesday, July 28, 6 – 6:45 p.m.  
Wednesday, September 29, 6 – 6:45 p.m.  
**Where:** ONLINE  
**Cost:** FREE  
**Instructor:** Amber Phillips, MS, RD



**Managing Your Mental Health**

Join Dr. Hammer, a psychiatrist at Island Hospital Psychiatry and Behavioral Health Clinic, for a discussion on managing and maintaining mental health in the face of stress. You will learn how to manage stress, fight anxiety and depression, improve resilience, and how to manage emotions in crises. We will discuss common myths and misconceptions about mental health and you will gain tools to help you live a fulfilling and mentally healthy life.

**When:** Thursday, July 29, 12 – 1 p.m.  
**Where:** ONLINE  
**Cost:** FREE  
**Instructor:** Paul S. Hammer, MD



## Community Classes

### Dietary Strategies for Managing High Cholesterol

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian Amber Phillips for an informative 30-minute talk on small changes you can make to your diet. Phillips will cover strategies that go beyond the standard advice to reduce saturated fat and cholesterol intake.

**When:** Wednesday, July 7, 2:30 – 3:00 p.m.  
Wednesday, September 15, 2:30 – 3:00 p.m.

**Where:** ONLINE

**Cost:** FREE

**Instructor:** Amber Phillips, MS, RD

### 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 14, 1 – 2:30 p.m.  
Monday, July 19, 1 – 2:30 p.m.  
Monday, August 9, 1 – 2:30 p.m.  
Monday, September 20, 1 – 2:30 p.m.

**Where:** ONLINE

**Cost:** FREE

**Instructor:** SHIBA Volunteer



### 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 23, 10:30 – 11:15 a.m.  
Wednesday, September 29, 10:30 – 11:15 a.m.

**Where:** ONLINE

**Cost:** FREE

**Instructor:** Libby Lewis, MA, MEd, CCC-SLP

## Meet Your Instructors:



Amber Phillips, MS, RD  
Registered Dietitian  
Dietary



Libby Lewis, MA, MEd,  
CCC-SLP  
Speech-Language Pathologist  
Physical, Occupational & Speech Therapy



Robert M. Reyna, MD  
Sleep Physician  
Sleep Wellness Center



Paul S. Hammer, MD  
Psychiatrist  
Psychiatry & Behavioral Health



Teri Shilling, MS, LCCE,  
CD(DONA), IBCLC  
Lactation Specialist  
Fidalgo Medical Associates

## Community Screenings

### 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, May 11, 10:30 a.m. – 12:30 p.m.  
Tuesday, July 20, 10:30 a.m. – 12:30 p.m.  
Tuesday, September 7, 10:30 a.m. – 12:30 p.m.

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

**Cost:** FREE

### 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 22, 1:30 – 3:30 p.m.  
Tuesday, September 14, 1:30 – 3:30 p.m.

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

**Cost:** FREE

### Swallow Screening

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

Appointments are required.

**When:** Tuesday, July 13, 1:30 – 3:30 p.m.  
Tuesday, September 21, 1:30 – 3:30 p.m.

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

**Cost:** FREE



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# Post-COVID Care and Treatment

## THE ROAD TO RECOVERY

By John Mathis, MD, Internal Medicine Provider, Fidalgo Medical Associates

The unexpected and intrusive arrival of COVID-19 has changed the way we live our lives. The disease's unprecedented nature and scope have left many of us wondering how we will rebuild our futures in a post-COVID world. COVID survivors face a more significant challenge as the potential long-term complications and prolonged symptoms create uncertainty and fear. As communities prepare to return to normal, COVID survivors are tinged with concerns about life beyond lockdown.

### BACKGROUND

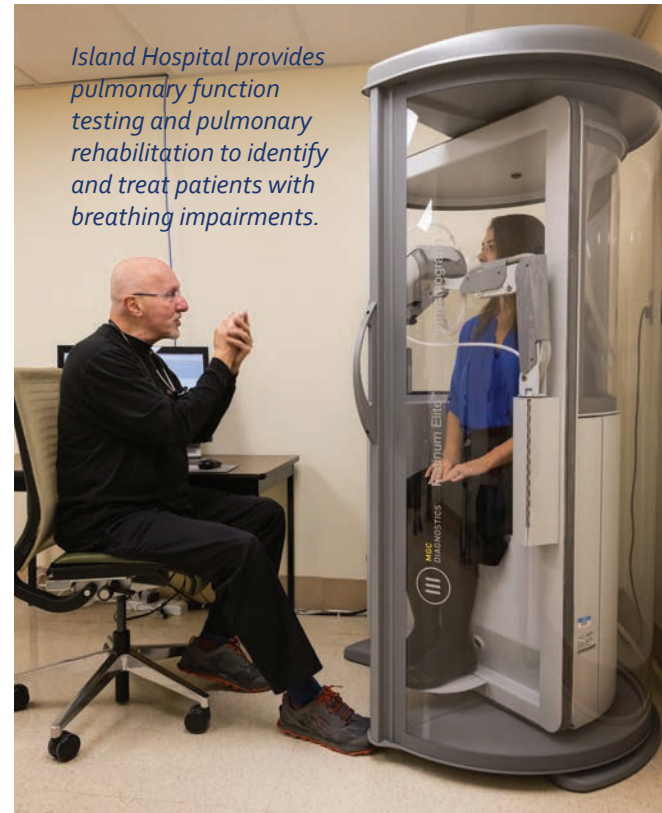
Coronaviruses are a large family of viruses that cause respiratory infections ranging from the common cold to more severe diseases. COVID-19 is a disease caused by a new form of coronavirus, and symptoms range from mild illness to pneumonia. While some recover quickly, others may get very sick and have persistent respiratory symptoms such as coughing, sore throat and shortness of breath following COVID-19. Whether COVID survivors recover spontaneously or have delayed recovery, our advice for post-COVID care strategies will support people living with symptoms affecting their everyday life.

### REST

Patients recovering from COVID-19 should focus on managing their energy. Post-viral fatigue is expected during the recovery phase and may range from feeling tired to extreme exhaustion. Fatigue is the body's normal response to fighting a viral infection, so it is essential to rest the body and mind while it recovers. Relaxation and meditation can help support quality rest. Fragrances, blankets, and soothing music may promote deep relaxation and improve your mood. Avoid physical and emotional exhaustion by keeping television, social media, and phones to a minimum. As your fatigue improves, continue to take short breaks throughout the day and calm your mind with relaxation techniques.

### ACTIVITY

Keep activity levels low and only do a small number of activities throughout the day. Basic activities of daily living such as washing and dressing may be taxing, so move slowly and gently. As your fatigue lifts, you may want to gradually incorporate a light amount of activity in your day with periods of regular rest. Avoid increasing activity levels too quickly and pushing through fatigue which can set you back. Be realistic about what level of activity is manageable, and be kind to yourself as you recover.



Island Hospital provides pulmonary function testing and pulmonary rehabilitation to identify and treat patients with breathing impairments.

### NOURISHMENT

Our bodies require more energy and fluids while fighting an infection. Do your best to maintain a routine with eating and drinking to support your immune system during recovery. Make the most out of your food and drink by choosing higher protein options to give your body the extra energy it needs. If you find that you have a poor appetite, talk with your provider about supplementing the short-term with a high calorie and protein drink to give your body the energy it requires. You may find that eating little and often and taking smaller bites while taking deep breaths makes it easier to consume food. Rather than eating three large meals, opt for snacks throughout the day that you find appetizing. To cope with changes in taste and smell, try consuming sharp, spicy, or sugary foods with stronger tastes. If you cannot make it to the grocery store, contact your local grocer to ask about pickup and delivery services so you can get back to everyday life sooner.

### BREATHING CONTROL

Manage breathlessness by practicing breathing control. Breathing control is when you breathe gently, using little effort. When you feel suddenly short of breath, slowly breathe in through your nose with your mouth closed, so air reaches deep in your lungs. Your stomach should rise as you breathe in. Breathe out through your nose, allowing your stomach to fall gently. Try to use minimal effort to make breaths slow, relaxed and smooth. Rest and wait for each new breath to come. If your blood oxygen levels are persistently low, you may require supplemental oxygen. Oxygen therapy is not a treatment for breathlessness but is an effective at-home treatment for low blood oxygen saturation.

### REHABILITATION

Your provider may discuss pulmonary rehabilitation or physical/occupational therapy outpatient care to help manage prolonged symptoms as part of your recovery. This may include standard diagnostic evaluations, including pulmonary functions tests, physical function assessments and repeat imaging scans. Current research suggests that rehabilitation plays a crucial role in recovery. Using a combination of at-home exercise plans and outpatient therapy sessions, patients find relief from persistent symptoms, including shortness of breath, chest pain, cough, fatigue, and joint pain. Your provider will coordinate subsequent care to meet your specific needs during recovery.

### MENTAL HEALTH

Being ill for a long time can impact your mental health. While recovering from COVID, you may feel anxious, depressed, afraid, or frustrated. If your recovery is taking longer than expected, you may become easily irritated or angry. Try distracting yourself by going for a walk, listening to a podcast, or calling a friend when feelings of anxiousness arise. Slowly increase your activity level and do things that make you happy such as gardening or walking your dog. Stick to a good sleep routine, so your body has time to repair itself. Try to go to bed and wake up at roughly the same time every day to help reduce irritability and boost your mood. By incorporating a few mental wellbeing activities each day, you will see significant improvements and feel a sense of accomplishment.

### LONG COVID

Long COVID refers to patients who have recovered from the initial stages of the COVID-19 illness but experience many symptoms well beyond the initial infection. Symptoms may include shortness of breath, fatigue, fevers, gastrointestinal symptoms, sleep disorders, memory and concentration problems, anxiety, and depression. These symptoms can persist for months past the initial recovery phase and can range

from mild to severe. Unfortunately, new symptoms may arise well past the time of infection or evolve into new symptoms altogether.

According to the Centers for Disease Control and Prevention (CDC), 35-54% of patients with mild acute COVID-19 experienced persistent symptoms two to four months beyond the immediate illness. Research into the prolonged health consequences of COVID-19 is rapidly evolving, and medical professionals are working diligently to find ways to treat and prevent these widespread and lasting symptoms. A global effort is underway to develop centers dedicated to research long COVID and how best to care for those who have it.

### SLOW THE SPREAD

Whether you recover quickly from COVID or take much longer, it is essential to work with your healthcare provider on an individualized management plan to support recovery. Keep in mind that having COVID-19 does not grant complete immunity to the illness. While cases of reinfection are rare, it is best to take steps to protect yourself and others. Continue wearing a mask in public places, stay at least 6 feet away from others, wash your hands with soap and water often, and avoid crowds in confined areas. Teach your immune system how to recognize and fight the virus by getting the COVID-19 vaccine. If you have questions about getting vaccinated, a conversation with your provider might help put your mind at ease.

John Mathis, MD is a board certified internal medicine provider at Fidalgo Medical Associates. He attended medical school at University of Utah followed by a residency at Virginia Mason Medical Center. His professional interests include pulmonology, cardiology and critical care. For more information or to schedule an appointment with Dr. Mathis, call Fidalgo Medical Associates at 360-293-3101.

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# FOUNDATION'S NEW FUNDRAISER

## ISLAND HOSPITAL'S NEW HEALTH AND WELLNESS CENTER

For years, community members have been able to access health education classes and screenings such as blood-pressure checks, cholesterol screening, and vitamin D tests at Island Hospital. Taught by our talented doctors, nurses, therapists and other healthcare professionals, these programs are instrumental in encouraging community health, reinforcing healthy lifestyle choices and helping patients learn about managing chronic conditions. Classes and seminars about childbirth, nutrition, Medicare, mental health and aging have all been a cornerstone of what the hospital offers the community.

This year, Island Hospital is increasing its investment in the future of health and wellness for our community. In 2022, Island Hospital will open a new Health and Wellness Center on Commercial Avenue in the former NAPA building, across the street from the main hospital

campus. With building plans underway, community education staff are planning new offerings that expand and enhance its current programs.

"Part of keeping quality healthcare close to home means expanding community health services. We're proud to be able to increase our services and provide innovative programming for an ever-growing community through the new Health and Wellness Center," stated Island Hospital CEO, Charles Hall, MSN, MBA.

Delivering preventive and chronic care management classes across the region will be a primary focus at the new Center. It will host an increased volume of classes, additional screenings, support groups, and other health events, and it will be equipped with video technology that allows both in-person and remote participation. "Our new way of learning requires new technology and space," said Hall.

A FUNDRAISER PRESENTED BY THE ISLAND HOSPITAL FOUNDATION



- Live Classes
- Cooking Demonstration
- Doc Talk Panel Discussion
- MEDTalks and more!

A week-long virtual adventure  
through health and wellness.

**MAY 17<sup>th</sup> - 21<sup>st</sup>, 2021**

Please visit [www.myihf.org/welljourney](http://www.myihf.org/welljourney) for a schedule of events or to make a donation in support of Island Hospital's New Health & Wellness Center. All programing is of no cost to you! Hop on the adventure with us!

*Sponsorship opportunities available*

[www.myihf.org/welljourney](http://www.myihf.org/welljourney)

The new Health and Wellness Center will provide education, tools and support to empower community members to make healthier lifestyle choices. Whether it be a hands-on cooking class for weight loss, an exercise class to help lower blood pressure or a mindfulness class to reduce stress, the Health and Wellness Center will provide opportunities for healthy exploration. Programs will be designed to help individuals get healthy and stay healthy.

Once renovated, the new Health and Wellness Center will have a state-of-the-art kitchen for cooking demonstrations and nutrition classes, an area for group classes, and spaces to comfortably host support groups and behavioral-health therapy, as well as space for seminars and classes. The space will be designed with flexible walls and partitions to accommodate a variety of curriculum with modern technology to broadcast remotely.

Classes, seminars, and free and low-cost screenings open doors for individuals to make healthier lifestyle choices or talk to their provider about managing a condition. When people connect with others facing similar health goals or challenges, they gain support. In an age where healthcare must be proactive, the Health and Wellness Center will deliver on Island Hospital's commitment to quality care and quality outcomes, while enhancing our region's focus on quality of life.

*For more information about the new Health and Wellness Center, donating to the center's fund, or to learn about The Well Journey Adventure, scan the QR Code below, visit [www.myihf.org/welljourney](http://www.myihf.org/welljourney) or call 360-299-4201.*







To register for classes, go to [islandhospital.org/classes](http://islandhospital.org/classes) or call 360-299-4204. For details on evening events or to make a donation, go to [islandhospitalfoundation.org](http://islandhospitalfoundation.org).

**MAY 2021**  
A week-long virtual adventure through health and wellness

17. MONDAY	18. TUESDAY	19. WEDNESDAY	20. THURSDAY	21. FRIDAY
<p>Healthy Digestion 10:00 - 10:45 a.m.</p> <p>Hospice 101 12:00 - 1:00 p.m.</p> <p>Take Your Child from Picky Eater to Fabulous Feeder 2:00 - 3:00 p.m.</p> <p>Meditation 101 4:00 - 5:00 p.m.</p>	<p>Healthy Lifestyle: Sleeping Your Way to Health 9:00 - 10:00 a.m.</p> <p>Nutrition for High Cholesterol 11:00 - 11:45 a.m.</p> <p>Spot the Signs of Stroke: Learn to BE FAST 1:00 - 2:00 p.m.</p> <p>The Essential for Fun &amp; Safety in the Great Outdoors 3:00 - 4:00 p.m.</p> <p>Live Doc Talk Panel Small, but Mighty: Practicing Medicine in a Rural Setting</p>	<p>Exercise for Osteoporosis 9:00 - 10:00 a.m.</p> <p>Osteoporosis &amp; Nutrition 10:00 - 10:45 a.m.</p> <p>Living Better with Diabetes 1:00 - 1:45 p.m.</p> <p>Pelvic &amp; Bladder Health 3:00 - 4:00 p.m.</p> <p>MEDTalk</p> <ul style="list-style-type: none"> <li>The Power of Compassion</li> <li>Respiratory Training &amp; Parkinson's Disease</li> <li>Goal Setting for Wellness</li> </ul>	<p>Out of the Pandemic: Returning to the New Normal 9:00 - 10:00 a.m.</p> <p>Managing COVID Weight Gain 11:00 - 11:45 a.m.</p> <p>Caring for the Caregiver 3:00 - 4:00 p.m.</p> <p>The Great Bagel Bake A cooking demonstration inspired by the teaching kitchen with Island Hospital Commissioner, Warren Tessler.</p>	<p>Aging Mastery: SLEEP 9:00 - 10:00 a.m.</p> <p>Practical Mediterranean Diet 10:00 - 10:45 a.m.</p> <p>Advanced Care Planning 12:00 - 1:00 p.m.</p> <p>Mediterranean Cooking Demo with Chef Michael 2:00 - 3:00 p.m.</p> <p>Wellness Experience Finale A virtual live-streaming event full of entertainment, impact and fun.</p>

All classes are online. For more information and details on events visit [islandhospitalfoundation.org](http://islandhospitalfoundation.org).

## Honors and Memorials

### Gifts in Honor

Dr. James Abbey  
Norman Allan  
Austin and Leah  
Larry Azure  
Dr. Mark Backman  
Margo & Jason Baker  
Bev Blair  
Judy Bohannon  
Jack Bollerud  
Ava Borntreger  
Dr. Brown  
Sharon Brown  
Grace Burkett  
Phyllis Buzzel  
Teresa Marie Caravan  
Larry Carlander  
Celebration Lutheran Church  
Dr. C. Les Conway  
Janie Crane  
Barbee Cromack  
Dr. Curran  
Elise Cutter  
Jo Ann Eastman  
Margaret Eggstrom  
Dr. Ellis  
Bailey Erwin  
Harvey Federman  
Dr. Fellows  
Jaime Fischer  
Dr. Fisher  
Dr. Garde  
B.J. Goolsby  
The Greene Family  
Dr. Jeff Hambleton  
Dr. Hammer  
Dr. Daniel Hanesworth  
Michelle Vallentyne Harrison  
Healthcare workers  
Dr. Jason Hogge  
Dr. Horesh  
Island Hospital Medical Staff  
Michael Kilpatrick  
Bob Knight  
Dr. Charles Kotal  
Dr. Dawei Lu  
Philo Wilfred Lund  
Rick and Meredith Machin  
Dr. John Mathis  
Tom Miller  
Arthur H. Moll  
Carolyn Moore  
Vera C. Mudge  
Dr. Joseph Mulcahy  
Pamela S Munson

Dr. Bryan Murray  
Dr. Lindsay Newlon  
The nurses at Island Hospital  
The nursing staff on Acute Car  
Paisley & Paxon Nye  
Dr. Oates  
Kevin Otnes  
Dr. Paliwal  
Jeannette Papadakis  
Harold Partlow  
Kelly Carson Peterson  
Dr. Jon Peterson  
Dr. Raish  
Dr. Les Richards  
Dr. Robert Rieger  
Edwin Rodgers  
Dr. Caroline Roeder  
Jeri Rudolf  
Ken Ryan  
Viola Savage  
Janet Schwartz  
Dr. Jonathan Shafer  
Dr. Judah Slavkovsky  
Dr. Stacia Smith  
Guillermina Soltero  
Mary Stapp  
Naomi Stone  
Dr. Meg Sweeney  
Shane Taylor  
Marge Thomas  
Barbara Turner  
Dr. Wang  
Dr. Susanne Wilhem  
Steve and Linda Wilhoit  
Dr. Robert Wilson  
Tim and Jackie Wittman  
Virginia Wolfe  
Dr. Helen Young

### Gifts in Memory

Norm Allan  
Dorcan Anderson  
Gene Anderson  
Claudette D. Benz  
Amanda Brazas  
Lynn Brown  
Zane Brown  
Teri Caravan  
Adam Milo Casey  
Richard Cole  
Jason Coyle  
Virginia Cultbertson  
Tyler Dale  
Jack Dunphy  
Donald C. Ellis  
Thomas Evans  
Chuck Frandrup  
Lee Furin  
Dr. Gjerset  
Dr. Frank Hansen  
Wendel Headrick  
Dennis Heggem  
Richard Iversen  
Martha Jones  
Gerry Kelsch  
Jim Kirk  
Chris LeSourd  
Betty Mooney  
Curtis W. Morell  
Hadi Mostafavi-Bassab  
Laura Mueller  
Richard Nelson  
Dr. Patrick Nestor  
Tom Nute  
H.G. Osborne, MD  
Judy Odegaard  
Bob Ostlund  
Paul Petersen  
John J Phillips  
Sharon Rein  
John Sargent  
Florence Seaman  
O. Newell Sheffer  
Daniel Stone  
Arlene M. Summers  
Paul N. Sund  
Charles Sutton  
Yvonne Tollefson  
George Underwood  
Larry E. Walter  
Wallace L. Weller  
Chris Whatley



# SIX WORDS THAT LED TO BETTER HEALTH

**A**nne Heidecker had no idea she had diabetes when she was visiting a friend in the hospital. As she chatted with the doctor, it became clear that Anne needed to be tested for diabetes.

When her results returned, Anne, an Anacortes resident, discovered that she would join the 10% of Americans with diabetes. Adopted during her childhood, she had no previous knowledge of a family history of diabetes or any indication that she should be monitoring for diabetic symptoms. In an unpredictable turn of events, Anne began her first steps in an unexpected journey: life with diabetes.

After her diagnosis, Anne began taking diabetes medication to help regulate her blood sugar and other symptoms. Like many others with diabetes, she struggled to balance healthy eating, exercise and weight.

Anne's battle to manage diabetes continued to worsen until her son and daughter-in-law intervened with six key words, "We want you to be around." In that moment it became clear to her that she had to make a change and she was going to need help learning a new way to take care of her health.

Her primary care doctor referred her to Mary Beth Robinson, MS, RD/LD, CDE, a registered dietitian at Island Hospital. Mary Beth started the Diabetes Education Program to help people, like Anne, learn how to cultivate healthy eating habits and lifestyle choices to better manage diabetes. Anne is a strong woman who adores her family, so when the resources to change her life were presented to her, she had to act. "Health and family have to be first," she said when reflecting on her journey.

Education is often the first step towards a healthy lifestyle. That is why Island Hospital is prioritizing the opening of a new Health and Wellness Center later this year. The center will be available to all in the community and will provide educational resources that support diabetes patients and their families, among other educational resources and preventative health programs.

Since Anne began her journey with exercise and educated eating habits, Anne has seen transformation that people dream about. Anne has lost 100 pounds and even had to go shopping to get clothing that suited her success. When asked what the greatest reward was she said, "Losing the weight. Going to a smaller size is so rewarding!" She couldn't help but smile as she said, "I'm very pleased. I've come a very long way."

When asked what people should know if they or their loved one is diagnosed with diabetes she said, "Take them to someone like Mary Beth." Access to the education and resources that support diabetes patients is crucial. Not only for the patient, but also for the family of the patient. Anne's family has been critical in her journey to better health; they have also learned along the way with her. She remarked that "It's not just you going through it, it's the whole family."

At the new Health and Wellness Center, Island Hospital will provide something for the whole family. The center will host cooking demonstrations in a teaching kitchen and nutrition and exercise classes open to all ages. Not only will there be educational resources, there will also be rich opportunities for group therapy, behavioral and mental health resources and expanded health screenings.

Coming May 17th – 21st, the Island Hospital Foundation is hosting The Well Journey Adventure: A Virtual Adventure through Health and Wellness. This week-long fundraiser will offer classes, entertainment and more to raise funds for the new Health and Wellness Center. Visit [www.myihf.org/welljourney](http://www.myihf.org/welljourney) for a schedule of events or to make a donation. You can inspire better health for your loved ones and neighbors, like Anne, by participating in the Well Journey Adventure. Join us, and help build a healthier community, together.

**"WE WANT YOU TO BE AROUND."**



# Know Signs and Symptoms of STROKE When Every Minute Counts

By: Lisa Edwards, RN, TCRN

According to the Centers for Disease Control and Prevention (CDC), stroke is a leading cause of death in the United States and is a major cause of serious disability for adults. Every 40 seconds, someone in the United States has a stroke, so by knowing the signs and symptoms, as well as how to act if you think someone may be experiencing a stroke, you can help prevent death and disability. When it comes to stroke, every minute counts!

## What is a stroke?

A stroke happens when there is a sudden interruption of blood to the brain. There are two types of stroke and both types stop blood from getting to the brain. As a result, brain cells die due to a lack of oxygen and essential nutrients. An ischemic stroke is when an artery in the brain gets blocked by a clot. A hemorrhagic stroke is when a blood vessel in the brain leaks, causing bleeding into the surrounding area.

The impact of a stroke on an individual depends on the area of the brain where it occurs. Different parts of the brain control different functions and, therefore, a stroke impacts each person differently.

## Signs and Symptoms

A stroke usually occurs suddenly and requires immediate medical treatment, so it is very important to recognize warning signs and call 911 right away. See the BE FAST chart below.

By adopting a healthy lifestyle and knowing the modifiable risk factors, you can take steps to prevent stroke. One of the most important things you can do to reduce your risk of stroke is control high blood pressure. By making a few simple lifestyle changes, such as eating a healthy diet, exercising regularly, limiting alcohol consumption and quitting tobacco use, you can lower your blood pressure and keep it down. Eating a diet

containing lots of fruits and vegetables (five or more servings per day) is an important step in lowering cholesterol and managing elevated blood pressure. Be sure to incorporate exercise into your daily routine to help you lose weight, manage type 2 diabetes and control stress. Start slowly with a walk around the block and gradually work up to 30 minutes of moderate physical activity per day to improve your overall wellness.

The good news is that 80% of strokes can be prevented. Schedule a check-up with your primary care provider to discuss your risk factors such as high blood pressure, type 2 diabetes, high cholesterol, smoking and obesity. Take charge of your health and make time for health checks that evaluate your stroke risk.

Using the simple BE FAST acronym, you can act quickly to recognize the signs of a stroke.

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>
Loss of balance, headache or dizziness	Blurred vision	One side of the face is drooping	Arms or leg weakness	Speech difficulty	Time to call 911

Island Hospital is a designated Level II Stroke Center, treating more than 100 stroke patients annually.

Lisa Edwards, RN, TCRN is the Clinical Programs Coordinator at Island Hospital. She is responsible for the Trauma, Stroke and Sexual Assault programs that are provided to our community.



# Clean & Safe

## SURFACE TESTING PROCEDURES ENSURE HOSPITAL CLEANLINESS

Disinfecting is more important than ever during the pandemic. Environmental Services (EVS) Supervisor April Carlson and her staff make keeping the hospital clean and safe for patients their mission. They understand that healthcare is essential and that delaying care is not an option. The staff follow strict Centers for Disease Control (CDC) guidelines for disinfecting surfaces to ensure patients remain safe and are able to continue to receive the care they need. It's a big job during non-COVID times and one that got even tougher this past year.

In addition to daily rigorous cleaning standards, Island Hospital EVS staff randomly test patient care surfaces using an ATP or adenosine tri-phosphate meter. The ATP meter is used as a training tool for new staff and an audit tool to ensure the highest level of cleanliness is being achieved. Throughout every month, Carlson performs 96 random surface tests in patient care areas over all shifts and days of the week to make certain results are unbiased. "It's important to have objective metrics to ensure the hospital is safe and clean for patients and staff," says Carlson.

During COVID, EVS has implemented additional cleaning of "high touch" surfaces such as door handles, handrails, elevator buttons and restrooms. In addition, Island Hospital is taking extra measures to ensure the safety of patients:

- Screening patients and staff
- Requiring masks be worn
- Rearranging waiting areas to ensure chairs are spaced six feet apart
- Limiting visitors to our campus



**WE'RE READY FOR YOUR NEXT VISIT!**



# Surgeon Offerings

By Joseph Mulcahy, MD, FACS

I sometimes joke with patients that their problems are either learned or inherited, and therefore caused by their parents. While our genetics and what we have learned from family and friends definitely impact our health, it's not the whole story. Our environment, how we use our bodies and the choices we make also impact our health. I would like to share one other truism of health with you: Almost everyone at some time in their life will be treated by a general surgeon. And those times can be anxiety provoking and sometimes life altering (usually for the better). The staff at Island Surgeons are dedicated to overcoming the anxieties that may accompany an upcoming procedure by listening to our patients, creating an individualized plan for each patient and prioritizing open communication throughout the process while addressing your particular concerns.

Why might you see a general surgeon? Maybe you have an abnormal mammogram, a lump in your breast or have been diagnosed with breast cancer. Maybe you have diverticulitis or colon cancer and might need to have part of your colon removed. Maybe you have a lump in your thyroid, abdominal pain, gallstones, a hernia or a bowel obstruction. Maybe your doctor suspects you have skin cancer and would like it removed. Maybe you have longstanding heartburn and are tired of taking medication. Maybe you have to receive chemotherapy and need IV access (port-a-cath) to get it. These are all conditions that a general surgeon routinely treats. And there are many others. I like to say we treat everything but brains, hearts, the urinary tract and extremity bones, but even those are sometimes in the realm of what we do to save a life.

At Island Surgeons, your medical needs are met with more than a scheduled surgery. Island Surgeons will work collaboratively with referring providers to confirm your diagnosis, determine the best treatment, make sure you are healthy enough for the treatment you select and coordinate recovery strategies. Whether under local anesthesia, sedation or general anesthesia, whether open or laparoscopic (minimally invasive) surgery, the team at Island Surgeons provides services aimed to give you an excellent result, reduce infection, better manage pain

For more information or to schedule an appointment with one of our surgeons, call Island Surgeons at 360-293-5142 or visit [www.islandhospital.org/islandsurgeons](http://www.islandhospital.org/islandsurgeons).

and promote an accelerated recovery; all with the intention to resume or increase the quality of your life. If you have a condition that requires an expertise we lack, we will help direct you to the most appropriate caregiver for your condition. We want you to have the best outcome possible!

As a patient and consumer, you have choices when it comes to your medical services. From your initial consultation and surgical preparation to post-operative care and recovery, Island Surgeons' skilled team is dedicated to meeting your needs. Island Hospital's operating rooms are equipped to serve a wide range of needs, utilizing highly skilled surgeons and compassionate nurses to carry out critical procedures, keeping you close to home for your treatment and recovery.

Surgeons in rural or remote settings often perform a wider range of services than what you may find in urban hospitals. Island Surgeons often perform upper and lower intestinal endoscopies (EGD and colonoscopy), also performed by gastroenterologists. The benefit of having a general surgeon perform these types of procedures is that we can often treat other surgical conditions, such as hemorrhoids, while doing these procedures. Whether it's scheduling a surgical procedure or your next colonoscopy, the office staff at Island Surgeons can assist in guiding you through the process, including working with your insurance company and ensuring referrals are complete.

With COVID-19 safety measures in place to keep patients and staff safe, Island Surgeons is prepared to see you through your procedure. If you postponed a colonoscopy or other procedure over the past year, it may be time to schedule an appointment with one of our general surgeons. Further delaying care can turn a simple procedure into something far more complex. Screenings such as colonoscopies can often remove polyps before they become cancer or detect cancer in its earliest stages, when it is easier to treat and leads to better outcomes. You may not realize this, but we have many tests to detect cancer early (like mammograms for breast cancer), but colonoscopy is the only screening exam that can prevent cancer by removing premalignant polyps before they become cancer.

### Island Hospital General Surgeons



**Kieran Melody, MD**  
Surgeon



**Joseph Mulcahy, MD, FACS**  
Surgeon



**Patricia Franklin, MD**  
Surgeon



**Keri Weigle, MD, FACS**  
Surgeon



# Managing your Mental Health Toolbox

By: Dr. Paul Hammer



Paul Hammer, MD is a psychiatrist in the Psychiatry & Behavioral Health Department at Island Hospital. He earned his Medical Doctorate from the Uniformed Services University of the Health Sciences, Bethesda, MD. He went on to complete his psychiatry internship at the National Naval Medical Center in Bethesda and his residency at the Naval Medical Center in San Diego, CA. **For information or appointments, call Psychiatry & Behavioral Health at Island Hospital at 360-299-4297.**

Since 1949, May has been observed as Mental Health Month to encourage us to think about our mental health and raise awareness around support, prevention, and acceptance. Having a healthy sense of wellbeing promotes an increase in resilience and manages how you respond to stress. It can also improve your general outlook on life. Using these practical tools to alleviate stress when faced with challenges, you can prioritize your mental health and regulate uncomfortable feelings to overcome challenges.

## Tools to Help You Succeed

### Tool 1: Practice breathing

Deep breathing is an effective way to lower stress in the body. When we feel stressed, our breathing patterns change as part of the fight-or-flight response. Typically, breathing becomes short and shallow when under stress, which can lead to hyperventilation and prolong the physical symptoms of stress and anxiety. When this happens, try to make a conscious effort to change your breathing pattern. Breathing in deeply delivers a message to the brain to calm down and relax.

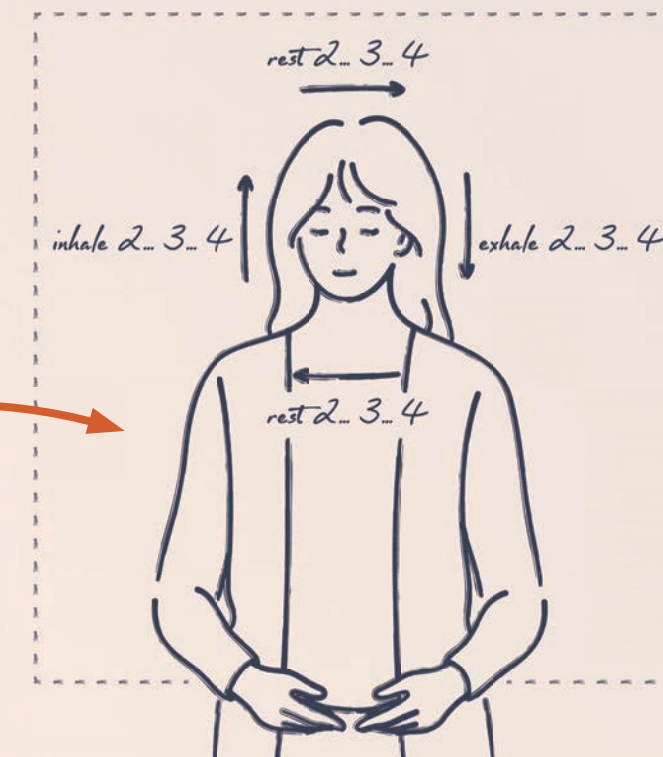
Try practicing square breathing, a controlled breathing exercise known to relieve anxiety and calm a worried mind. Inhale for four seconds, rest for four seconds, exhale for four seconds and rest for four seconds. Repeat as necessary.

### Tool 2: Sleep

Stress often has a direct influence on sleep. Not getting enough sleep can make coping with daily stressors difficult. Our bodies need to enter a period of deep sleep to repair and restore. When feeling stressed or anxious, you may not be able to enter this phase of deep sleep or find that you are restless throughout the night. By getting the recommended seven to nine hours of sleep, you can improve concentration, regulate your mood, and increase mental clarity. Avoid looking at bright screens two to three hours before bedtime, and take time to wind down and quiet your mind at least one hour before bed. Establish a bedtime ritual of taking a warm shower or bath, doing light stretches, using essential oils, or drinking non-caffeinated tea to help release physical tension and encourage healthy sleep.

### Tool 3: Exercise

Physical exercise, including jogging, swimming, cycling, walking, gardening, and dancing, are proven to reduce anxiety and depression. Not only is physical activity a great distraction from negative thoughts, but exercise also releases endorphins and serotonin that improve your mood. You can also reduce feelings of isolation and loneliness by participating in physical activity that puts you in touch with other people. It is recommended that adults get at least 30 minutes of moderate to intensive exercise per day. If you cannot find the motivation to exercise, ask friends or family to help keep you on track or break up your 30 minutes by combining shorter 10–15-minute sessions.



### Tool 4: Take breaks

Taking breaks from work is not only beneficial for you, but it also has a positive impact on your productivity and wellbeing. Taking breaks allows you to recover from stress and restore mental energy and decrease exhaustion. Research suggests that mini-breaks, which are taking a few minutes away from work, are just as crucial as lunchtime breaks for boosting your mood and preventing stress. Allow your brain and body time to recharge by stepping away from screens to nourish your health and reboot your brain. Try to detach from work by spending your lunch breaks outside to increase your bodies serotonin production, which will make you feel calm and focused.

### Tool 5: Journaling

Reflecting is a great way to focus your thoughts and feelings. By writing in a journal, you can understand what is going on in your mind and healthily deal with emotions. As you address your issues internally, you may start to recognize habits and patterns and find ways to change them. You can also use your journal to set specific goals and measure your progress over time. There is no right way to journal – you may like to use your laptop, a coloring book, or to jot down your thoughts on paper. However you decide to journal, try to do it regularly, setting aside five minutes to reflect on your thoughts and feelings.



# Island Primary Care - Orcas

A Partnership in Best-in-class Rural Healthcare

## On April 5, 2021, Island Hospital opened Island Primary Care – Orcas, providing primary, same-day and after-hours services on Orcas Island.

The partnership between the Orcas Island Health Care District (OIHCD) and Island Hospital enables Orcas Island residents to continue receiving quality primary care in addition to expanding services through more community-based activities.

Island Hospital responded to OIHCD's Request for Proposal in May 2020, which identified the need for a partner willing to establish a single clinic in the District-owned facility, and one that was aligned with the vision to enhance the community-based model. The partnership was identified as a natural fit, as both entities are public hospital districts with experience treating rural residents.

Island Primary Care – Orcas is uniting community-based care with specialty healthcare services specific to local needs. This partnership brings innovate healthcare closer to home and is equipped to meet the growing needs of a remote, rural community. Highly-qualified clinicians provide local residents with primary and specialty care and will continue to evolve as the specific needs of the community are identified. Island Hospital's accessibility from the ferry terminal has provided a convenient way for Orcas residents to seek additional medical services beyond primary and preventive care. Island Hospital and Island Primary Care – Orcas will effectively share resources and collaborate on health service improvements with a commitment to achieving better healthcare for Orcas Island residents.

The one-clinic model is the foundation for success. Rural services are supported by Island Hospital's broader network, which will widen the scope of locally available healthcare services. Stemming from a long history of patient needs, Island Primary Care – Orcas is expanding care to meet the needs of all residents, as well as looking to create a close collaboration with Orcas Island Fire & EMS. Together, these are the entities who care for patients 24/7, making the new clinic model responsive healthcare at its best.

## EXPANDED HEALTH SERVICES

The following primary care services are offered at Island Primary Care – Orcas:

- Scheduled and same-day appointments
- Preventative care for adults and children
- Chronic condition management for adults and children
- Acute medical illness – including coordination for a higher level of care
- Acute and subacute injury management
- Laboratory services, including point-of-care testing and courtesy labs
- COVID-19 testing and vaccine clinics
- Diagnostic testing – including EKG's and X-ray services
- Immunizations for adults and children
- Prenatal support services

Future specialty care services will be added as the need arises. Services that are being considering include: Pediatrics, Women's Health, Urology, Psychiatry and Behavioral Health.

## INTRODUCING THE ISLAND PRIMARY CARE – ORCAS TEAM

The Medical Director responsible for all medical supervision and quality regulation is Dr. Frank James. With over 30 years of practice and leadership experience, Dr. James is an exceptional contributor to helping fine tune the new clinic model. His passion for equity of care is surpassed only by his desire to provide rural and remote residents with high-quality healthcare. Dr. James' integrity, professionalism, and respect for the community will significantly impact the clinic's success.

To ensure continuity of care, Island Primary Care – Orcas has additional providers to increase access to a greater range of local healthcare services. A transition team of Island Hospital providers are currently delivering services to guide the provision and planning of sustainable healthcare. Through May 2021, this transition team will provide services to residents and respond to initial challenges that arise to make steady improvement. Patients will have access to providers at the Orcas clinic, Monday – Friday. The complete team is expected to be in place by early 2022.

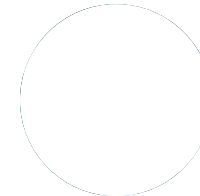
## ISLAND PRIMARY CARE – ORCAS PROVIDERS



**Dr. Frank James**  
Medical Director  
Primary Care Physician



**Karen Caley Orr**  
PA-C  
Physician Assistant



**Jennifer Utter**  
PA-C  
Physician Assistant



**Susan Jordan**  
PA-C  
Physician Assistant

The following Island Hospital providers will provide regular, on-going support to the Orcas clinic, making visits to the clinic on a consistent basis and utilizing tele-health, when appropriate, for follow-up care.



**Dr. Jon Peterson**  
Primary Care Physician  
Island Hospital



**Dr. Kathy Garde**  
Women's Health Physician  
Island Hospital



**Dr. Brandon Greene**  
Pediatrician  
Island Hospital

Promoting the values and vision of Island Primary Care – Orcas is the leadership team. Practice Clinic Director, Patty Codd, brings over 30 years of healthcare leadership experience; 12 years with Island Hospital. Aimee Johnson, CRHCP, was hired as the new Clinic Manager for the Orcas clinic. Aimee has 16 years of leadership experience in a rural health clinic. Rounding out the team is Clinic Supervisor, Shila Wachtel. Shila has served in a nursing and clinical leadership role on Orcas Island for 18 years. A new patient liaison position has been added to the Orcas clinic to ensure smooth connectivity to clinic and hospital services. Neisha Grams serves this role to help facilitate care for Orcas residents who may need help navigating the complexities and transitions of off-island care.

Together, the leadership team will build a strong clinic culture and will focus on establishing healthy relationships with the community.

## AFTER-HOURS CARE & CARE SUPPORT TEAM

Collaboration with Island Hospital's network ensures coordinated services with a more flexible and reliable care model. Orcas Island residents will have access to after-hours care seven days a week. Patients will call the clinic number, 360-293-3101, whether during or after clinic hours. If after-hours, the patient will be asked to provide relevant information. The on-call Island Hospital physician will return the call within 30 minutes to provide advice on symptoms and conditions. If determined to be medically necessary, the Island Hospital physician will contact an Orcas Island provider to address urgent medical issues on the Island. This may result in an after-hours clinic visit or help in facilitating an appointment in the clinic the following day. The after-hours protocols ensure that those who cannot wait for treatment have their critical medical needs promptly assessed.

Island Primary Care – Orcas is committed to providing best-in-class rural health care. Orcas residents now have greater access to care and support services to ensure their long-term medical needs are met.

To find out how Island Primary Care - Orcas can improve your health and wellbeing, or to establish care with a provider, call 360-293-3101 or visit [www.islandhospital.org/orcas](http://www.islandhospital.org/orcas) for more information.



## May's Featured Recipe



### MEDITERRANEAN TUNA BLOSSOM

This recipe comes together in fewer than five minutes, making it the perfect choice for a quick lunch or fuss-free summer dinner. Substitute heart-healthy olive oil and creamy avocado for mayonnaise to improve the lipid profile. Nutrient dense parsley is a convenient herb addition grown locally year round. Serves 1-2.

#### Ingredients:

- 1 five ounce can tuna in spring water
- 1 Tbs olive oil
- 1/4 avocado (approx. 2 Tbs)
- 2 tsp Dijon or yellow mustard
- 1 Tbs minced fresh parsley
- 1/8 tsp black pepper
- 2 tomatoes
- lettuce leaves

#### Directions:

In mixing bowl, combine strained tuna with oil, avocado, mustard, parsley and black pepper. Turn tomato stem side down onto cutting board. Slice wedges into tomato without cutting completely. Using a spoon, mound tuna salad into cut tomato, lightly pressing between wedges without crushing them. Serve on a bed of lettuce leaves.

#### Tips:

To support underweight individuals, double the olive oil and avocado. To support weight-loss efforts, olive oil may be halved.

**Amber Phillips, MS, RD**  
Registered Dietitian



## ISLAND HOSPITAL FARM STAND



JUNE 8 - SEPTEMBER 7, 2021

#### FRESH-TO-GO BAGS—\$13

Pre-order bags for the entire season (14 weeks) or on a week-to-week basis. Bags include 4-5 produce items each week.

To order, email:  
farmstand@islandhospital.org.

#### COVID-19 SAFETY PRECAUTIONS

Capacity will be limited to maintain social distancing. Shoppers will not be allowed to touch produce. Pre-orders encouraged; email [schuhfarms@frontier.com](mailto:schuhfarms@frontier.com) or call 360-424-6942.

1211 24th Street, Anacortes, WA  
In the courtyard near the main entrance



# Tele-ICU

## TRANSFORMING CRITICAL CARE CLOSE TO HOME

Beginning this summer, Island Hospital will be revolutionizing healthcare by introducing the critical care tele-ICU program. This state-of-the-art technology ensures that critically ill patients have 24/7 remote monitoring by off-site intensive care physicians (intensivists). Remote nurses and intensivists will support Island Hospital's clinical team to deliver critical care when an emergency occurs in the Intensive Care Unit. Tele-ICU has broadened the scope of how local hospitals treat critically ill patients close to home.

#### WHAT IS TELE-ICU?

Tele-ICU is a transformational program that extends critical care resources right to a patient's bedside. Intensivist-led teams provide around-the-clock, proactive care for critically ill patients using a combination of audio-visual technology, predictive analytics, data visualization and advanced reporting capabilities. Tele-intensivists use real-time monitoring to assess patient instability, order diagnostic tests, make a diagnosis, order treatment, and intervene with life support devices to significantly reduce complications in the ICU. A centralized remote hub makes intensivist care accessible for critical patients with unpredictable medical prognoses at community hospitals. Through the interactive tool, patients receive 24/7 care, support and advice to improve healthcare quality. Tele-ICU is not a replacement for the ICU bedside team but a support system to complement and enhance care for Island Hospital's ICU patients and their families.

#### WHY IS TELE-ICU NECESSARY?

Research shows that hospitals with a dedicated intensivist on staff have a significant reduction in ICU mortality. Unfortunately, there is a limited number of board-certified intensivists in the United States, and the issue has only worsened by the unprecedented burden of the COVID-19 pandemic. Thankfully, tele-ICUs put specialist expertise within reach to reduce the length of stay and mortality in ICUs. Hospitals have access to a board-certified, United States trained intensivist through the tele-ICU program to assist with the most clinically complex patients. Patients treated at hospitals with the tele-ICU program were 26% more likely to survive the ICU and discharge from the ICU 20% faster.

A tele-intensivist can augment conventional critical care and bridge the gaps during shift changes, off-shift hours or overnight hours, and during times of high unit activity. The tele-ICU platform uses algorithms to analyze patient data and combines it with clinical risk factors and physiological parameters to predict patient deterioration. This unique technology continuously captures and monitors the data in real-time, enabling early warning tools to alert the bedside team during an urgent medical situation.

#### TELE-ICUs ARE EFFECTIVE AT:

- Reducing clinical complications
- Improving patient outcomes
- Reducing healthcare costs
- Improving clinical processes





## WHAT'S THE EXPERIENCE LIKE FOR A PATIENT?

Tele-ICU focuses on exceptional family-centered care outcomes. Tele-ICUs can connect patients with their families using video conferencing solutions such as FaceTime, Skype and WhatsApp. This service provides vulnerable patients with the ability to virtually consult, collaborate and coordinate care with family and the clinician team, any time of day or night.

Patients and medical devices are observed through a two-way audio, high-definition, pan-tilt-zoom camera. These cameras provide a bird's-eye view into rooms that's powerful enough to read a prescription on a medicine bottle or check pupil dilation. The high-resolution cameras allow remote nurses and intensivists to virtually visit with patients and maintain the human connection during times of intense isolation.

The critical care team requires full access to patient data to monitor clinical indicators such as heart rate, blood pressure, oxygen saturation and ventilation settings. Through the electronic transfer of medical information from the bedside team to the tele-ICU hub, tele-intensivists can predict patient deterioration and immediately intervene to save lives. This prevents patients from having to transfer out of local hospitals far from family and loved ones.

## TRANSFORMATIVE GIVING

Island Hospital recognized the urgent need for telehealth alternatives to protect the community during the onset of the COVID-19 pandemic. Through online community conversations, the Island Hospital Foundation communicated information about the virus, how the pandemic affected the local regions and how lock-down orders involved the hospital. Through these conversations, generous supporters and donors invested in state-of-the-art medical equipment to help Island Hospital and front-line workers in a time of crisis. Tele-ICU and eight new ventilators, testing cartridges for the Cephid machine, COVID-19 testing supplies, and other critical medical equipment were funded through donations made to the Island Hospital Foundation. Tele-ICU will transform critical care delivery at Island Hospital and provide the best possible care outcomes for patients and their families.



## SHOULDER REPLACEMENT HELPS LOCAL ARTIST RETURN TO HER PASSION

Arden Charles, a Guemes Island resident, artist and painter works from her beach studio that looks out over the water toward Jack Island and Mount Baker. She's been inspired by the view since spending summers there in the 1970s. "It's inspirational to me just being there in that solitude," says Arden.

It has been an ideal place to create narrative art and paintings that tell real and imagined stories, Arden's passion and specialty. For at least eight years, she's created watercolor images, collages, and other works in that studio. However, as time passed, Arden began to experience the soreness and pain that comes from arthritis in her shoulders, making it difficult to practice the art she loved. She approached her primary care provider to discuss the options to help relieve the pain.

With a degree in commercial art from the University of Washington, Arden began creating artwork while at her first job in 1961—a photo stylist in Seattle for a commercial photography studio. She collected items and artifacts for photo shoots that would help tell a story. Arden began using some of these pieces to create her own works and inspire art that told stories, both real and imagined.

She joined the Northwest Watercolor Society and was voted into Women Painters of Washington in 1997. She gained several opportunities to show some of her art in select Seattle galleries, including the Convention Center. After moving to Guemes Island in 2007, she was honored to be in a gallery show in Bow-Edison.

As the pain and soreness from arthritis increased, making it painful to paint, the time came to choose shoulder replacement. This surgery involves removing parts of the shoulder joint and replacing it with an artificial implant that mimics the joint with a ball, socket, and stem that extends into the top of the arm. The surgery relieves pain and helps restore motion and function of the shoulder.

With high hopes that surgery would relieve pain, she pursued the procedure on her right shoulder. Her experience at a Seattle hospital was less than satisfactory.

For her left shoulder replacement procedure, Arden opted



to stay closer to home. She went to see Dr. Kenneth Oates at Skagit Northwest Orthopedics for a procedure at Island Hospital. Skagit Northwest Orthopedics is the primary orthopedic provider at Island Hospital. Dr. Oates felt that Arden was a perfect candidate for a procedure involving a new, more compact device for shoulder replacement. She would be the first person to receive this new device at Island Hospital.

Confident in Dr. Oates' abilities, Arden decided to go forward with the procedure. "Dr. Oates was fabulous. He's a perfectionist, and his positive attitude and excitement to try this device gave me confidence," says Arden.

The surgery went smoothly, just as planned. Arden recovered quickly and appreciated the follow-up care and physical therapy that Dr. Oates had prescribed. After a swift and uneventful recovery, she's returned to her passion and can again be found in the solitude of her studio, inspired by the views and stories.



# Employee Recognition

Every year during National Hospital Week (May 9 – 15, 2021), Island Hospital celebrates the years of service of its more than 726 employees. As a staff, we have a unified mission to provide the best possible healthcare to our patients and their families, 365 days a year, 24 hours a day. Over the years, we are bonded by the many hours spent comforting the sick, caring for the newborn and rehabilitating the injured. As a team, we have proven Island Hospital to be a leader in healthcare. We have achieved a 4-star rating by Medicare—the highest

star rating north of Seattle—and been honored as a Top 100 Rural Hospital in the US (out of nearly 2,000 small community hospitals) by the Chartis Center. And, together, we've kept our hospital and clinics safe and open for care during one of the most challenging years in healthcare. Your commitment to our patients, your co-workers and to Island Hospital is extraordinary. We especially want to acknowledge those individuals listed here for reaching a milestone in their years of service at Island Hospital.

## FIVE YEARS

Sarah Rozycki, LPN  
 Lisa Honey, CPC  
 Abigail Bolanos, PT  
 Jamie Hofmann, RN  
 Kelley Ross  
 Libby Lewis, MA, CCC-SLP  
 Michelle Senff, RN  
 Eric Hao  
 Jacklyn Nolasco, CNA  
 Mark Hessler  
 Amy Shardlow  
 Brandi Toner, RN  
 Amanda Campbell  
 Jennifer Rafferty, RT (CT)  
 Tiari Schwab, CPC

Rachel Page, RN  
 Kyle Hull  
 Brent Adkison  
 Vanessa Foster  
 Josephine Ziegler, CST  
 Elizabeth Sutton, RN  
 Carolyn Chung, OTR/L  
 Eva Hardesty, MSN, RN, BC  
 Jane Berghuis, BSN, RN  
 John Silver  
 Shannon Peinado, BS, MT  
 Hope Pios-Lindquist, BSN, RN  
 Amanda Jonasen, RN  
 Megan Hill  
 Donna Maratea  
 Jeffrey Freeland, RRT  
 Holly Slockbower

Kevin Tuck  
 Jackie Wall  
 Zachary Geleynse, RN  
 Deanna Edson  
 Billiejo Emerson  
 Melonie Rankin  
 Jennifer Taylor, MA  
 Danell Broyles, RN  
 Gayla Welborn, CPC  
 Thomas Elliott, RN, CNOR  
 Nadine Foist, MD



## TEN YEARS

Marianne Van Rooyen, BA, RN  
 Laura Schaffner, BSN, RN  
 Lauren Mireles, MSN, RN-C  
 Leslie Kowalczyk, MA  
 Angela Straw, OT  
 Mary O'Brien, CNA

Barbara LeDuc  
 Carrie Shelton, CRCST, CIS, CHL  
 Benjamin Krieg, PBT  
 Benjamin Wilmot  
 Bo Gillentine  
 Janelle Johnson, LPN  
 Shane Hoelzle, RT (CT)  
 Lindsay White, CNA



## FIFTEEN YEARS

Megan Ove, RT (CT)  
 Kristin Rogers, PharmD, BCPS  
 Teena Peardon, CTR  
 Richard Ralston, CRT  
 Myrna Salcedo, CNA  
 Theresa Pierson, BSN, RN  
 April Carlson, T-CSCT  
 Konnie Kleparek  
 Delfina Reyes  
 Eva Ould

Tracey Dobkins, BSN, RN  
 Denise Richter  
 Helen Whitley, CNA  
 Kristin Cartwright, CNA  
 Hubert Felder, MLT  
 Chara Leopard, RN  
 Laurel Klepsch, MA-P  
 Tasha Bunch  
 Eric Wildman  
 Trish Fuik  
 Thomas Wright, RT (CT) (MR)



## TWENTY YEARS

Renee McKinnon  
 Bill Love  
 Rade Dotlich, MT  
 Gregory Barney, RT (MR)(CT)  
 David Derting  
 Kristal Merrick  
 Jessica Reik



## FORTY-FIVE YEARS

Luella Breckenridge, CRCST, CHL  
 Nancy Parnell







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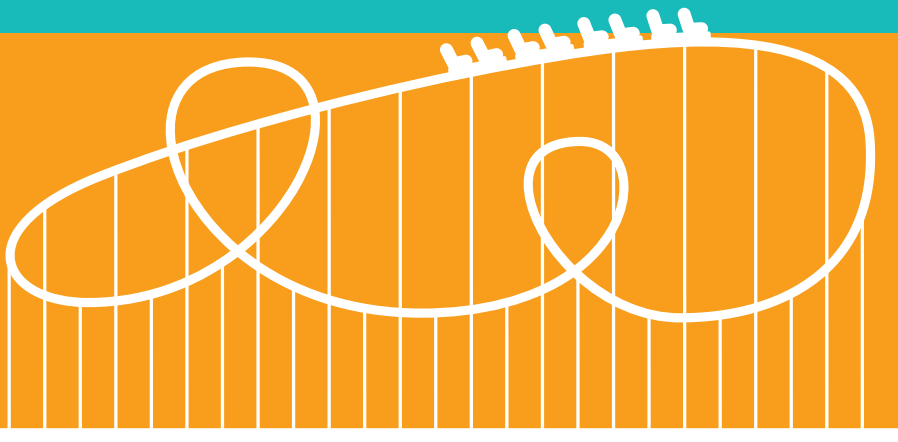
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