

Winter 2016



ISLAND HOSPITAL

Heartbeats

Magazine



SWING UNDER
THE WINGS

with IHF Gala **p20**



CEO WINS AWARD

National leadership honor given to Island Hospital's Vince Oliver

p6

E-CIGARETTE ALERT

Usage among youth tripled from 2013-2014

p10

IHF RECEIVES BEQUEST

Grateful local philanthropist gives back to IH for care received throughout the years

p19

Lynne Lang begins term as President, Island Hospital Board of Commissioners

Lynne M. Lang MBA, PhD, elected to serve as board president in 2016, will “govern in collaboration with the other commissioners, embracing differing views in our work as a team,” she said in a recent interview.

Having served on the Island Hospital Board of Commissioners since 2013, Lang has been actively involved in helping to identify and implement changes necessitated by the rise in patient numbers brought about when formerly uninsured persons became insured under the Affordable Care Act. Additionally, patient numbers have surged even more due to the shifting of services formerly provided on-base by Naval Air Station Whidbey in Oak Harbor to civilian healthcare facilities.

“This unprecedented volume of patients requires a strong focus on choosing and implementing the integration of a highly flexible, easily adaptable electronic medical-records system,” Lang said. “Although obtaining the needed system at an affordable cost presents a difficult challenge, it is crucial toward maintaining the quality of our local healthcare.”

“In view of these and other factors likely to surface in the coming years,” Lang said, “complete collaboration among a large team comprised of the board, hospital administration and all hospital departments is required to maintain the high level of quality for which Island Hospital is known by patients and their families as well as staff and providers.

“Along with maintaining excellence in quality,” Lang continued, “our goal is to remain autonomous and retain local control, simultaneously continuing our wonderful relationships with the University of Washington, Skagit Regional Health and others. Our community has spoken, and our commitment to that voice is of paramount importance.”

Owner of Lynne M. Lang Accounting & Business Services and Dream Catcher R/E Development & Property Management, both located in Anacortes, Lang brings experience gleaned from more than 30 years volunteer community involvement with organizations that include Hospice of the Northwest, Friends of Home Health Care, Anacortes School District, Fidalgo Island Rotary, Anacortes Chamber of Commerce, Soroptimist International of Anacortes and local youth sports activities.

“It is both a privilege and responsibility to serve as president of the Board of Commissioners,” Lang said. “Like all of those who sit on the board and those who administer Island Hospital operations and services, I am grateful for this opportunity to lead in service to our hospital and community, where mutual respect and collaboration works to serve and meet our mutual needs.”



Island Hospital Board of Commissioners President Lynne Lang with husband Pat.

Warren Tessler takes seat on IH Board of Commissioners

Warren Tessler, newly elected to the post of Commissioner for Skagit County Public Hospital District No. 2 (Island Hospital), brings 27 years healthcare management experience as well as a lengthy record of volunteer and community service.

Tessler received his Bachelor of Arts degree in political science and Russian language from Arizona State University, Tempe, and his Master of Business Administration (MBA) from Portland State University, OR. He additionally earned a diploma in baking and pastry arts from Johnson and Wales University, Providence, RI, and is certified in bicycle repair from the United Bicycle Institute.

After moving to Anacortes in 2000, Tessler became well-known as owner of La Vie en Rose Bakery (where he was also pastry chef and noted for his extraordinary offerings). He then served as Director of Marketing and Operations for Anacortes Trust Accounting Center. Yet Tessler had brought healthcare experience as CEO, COO, consultant and director to a number of hospitals, regional health networks and healthcare-management institutions.

“Island Hospital is a vital resource to our community and surrounding area,” Tessler said. “Because the responsibilities of the Board lie in an area in which I have an extensive background, I feel I am able to ‘hit the ground running’ from the onset of my term. I strive to team with the other Board members and hospital leadership to meet the challenges of coming years so that our hospital can continue to succeed at providing the high level of excellence deserved by patients, their families and loved ones.”

Committed to community service and volunteerism, Tessler serves as treasurer for the Anacortes Arts Festival, Anacortes Family Center and Anacortes Noon Kiwanis Club. He co-chairs the Anacortes Bicycle and Pedestrian Advisor Committee and chairs the Anacortes Learning and Lunches Committee. He also serves as a trustee of the Anacortes Parks Foundation and is a member of the Guemes Channel Trail Planning Committee.

Of his role as Commissioner, Tessler said, “I want to do my part to assure that Anacortes continues to have the best healthcare possible.”



Commissioner Warren Tessler volunteers at the Kiwanis Thrift Shop in Anacortes.



As I See It...

By Vince Oliver, IH Chief Executive Officer

Even before starting operations in 1962, Island Hospital had been a reflection of our island

community's unique attributes and needs. In fact, it was not a doctor or city official, but three local women, volunteers at Anacortes Hospital actually, who initiated the establishment of Public Hospital District No. 2. Our current modern facilities are a result of residents who believe in having high-quality medical services right here in their own community.

There have been dozens of Anacortes residents over Island's 53 years who have made an important difference in our community's local healthcare. One of these is C.W. "Buzz" Ely MD.

Dr. Ely has served on the publicly elected IH Board of Commissioners since 1998, serving three six-year terms, the last ending January 2016. His leadership has greatly benefited each and every patient of Island Hospital, and will for many years to come.

He has long been an advocate for enhanced obstetrics services including prenatal care, infertility, high-risk pregnancy, and maternal and infant support. In fact, Dr. Ely was responsible for establishing the Island Prenatal Care Center to support maternal and infant care for low-income families in our community. Since its inception two decades ago, Dr. Ely has supported the Teen Clinic at Island Hospital, a cooperative program with Skagit Public Health.

Dr. Ely served on the IH Medical Staff from 1987-94. He began practicing at Fidalgo Medical

Associates after moving to Anacortes from Jackson Hole, WY.

When Dr. Ely joined the Board of Commissioners he noted (in the winter 1998 Heartbeats): "Smaller, rural hospitals can be at a disadvantage unless they expand their revenue sources." This rings even truer today than 18 years ago and is indicative of Dr. Ely's deep understanding of the challenges of healthcare delivery.

He was instrumental in the process when the Board sought to expand and renovate our aging and cramped facilities. The first hurdle was to put forth the largest bond levy in the history of Anacortes (\$30.5 million in 2004) to finance the Island Hospital Renovation & Expansion Project (IHREP). The bond election was a rousing success, passing with the largest approval rate in local history, 79%. The IHREP brought our district the new building that houses state-of-the-art emergency, acute-care and diagnostic-imaging services, as well as a renovated and expanded birth center, cafeteria and front entrance.



In late 2011, Dr. Ely helped lead Island Hospital in an effort to find a large health-system partner in collaboration with Skagit Regional Health and Cascade Valley Hospital. The year-long effort took much more time than a Commissioner is typically expected to contribute, yet he worked tirelessly to gather the necessary information to make the best decision. Dr. Ely led several public forums to keep our community apprised of progress of the combined boards' activities and findings. The Commissioners determined that it was best to not affiliate at that time.

In addition, he advocated strongly for The Walk-In Clinic at Island Hospital, which has been tremendously popular and well-received by our community since its opening in 2012.

I want to sincerely thank Dr. Ely for his exceptional service and commitment to healthcare in our community, especially at Island Hospital and our clinics. His thoughtful insight and leadership has enabled us to expand our services and facilities, remain independent and financially viable.

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

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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

POSITION 1
Jan Iversen

POSITION 2
Warren Tessler

POSITION 3
Paul Maughan PhD
(Secretary)

POSITION 4
Lynne M. Lang PhD
(President)

POSITION 5
A.J. "Chip" Bogosian MD

Heartbeats

is published by the Community Relations/ Education Department.

Comments or suggestions to:
(360) 299-1310

COMMUNITY RELATIONS/ EDUCATION
DIRECTOR
Dennis Richards

HEALTH RESOURCES COORDINATOR
Aubre Adams

COMMUNITY EDUCATION COORDINATOR
Claire Zaugra

COMMUNITY RELATIONS/
DIGITAL MEDIA COORDINATOR
Barb LeDuc

GRAPHICS/DESIGN
Teresa L. Pierzchala

WRITER
Chara Curtis

PHOTOGRAPHY
kp-studios.com

Our Promise

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

LIFELINE®...
24-hour support for medical emergencies, at the push of a button!



No Long Term Contract! • No Hidden Fees! No Equipment to Buy!

Only Lifeline's auto-alert button sends an emergency signal when you can't!



ISLAND HOSPITAL

call us for more information **360•293•7563**

Lifeline subscriber goes smart with GoSafe

Pat Patterson lives each day to the fullest, unhindered by nagging thoughts of “what if?” She is prepared for power outages and is stocked up on emergency supplies. Her knees no longer as strong as they once were, she takes precautions against falls by making sure her floors are clear of fall hazards and by utilizing the stabilization afforded by her walker. A seasoned adventurer, she likes to get out and go – and she does.

Patterson frequently wins the near-nightly pinochle games she plays with her daughter and son-in-law, Sandy and George Yates. Her iPod kept handy, she keeps up with friends and family via her Facebook account. Her Kindle rests nearby.

She is never separated from her Phillips Lifeline GoSafe device.

Patterson, 92, has subscribed to Lifeline through Island Hospital for most of the three years she has lived in Anacortes. “Earlier this year, I learned Lifeline had added the GoSafe mobile device that includes GPS tracking. I thought, “That sounds like a fit for me.”

“It’s all about peace of mind,” Patterson said. “Now, both indoors and out, anywhere I go, I feel more secure knowing it will track my location, automatically detect a fall (and I have yet to fall), and allow me to push a button should any emergency whatsoever occur. I can walk my dog (a cuddly poodle named Sammy) and stoop to pick up the nuts that fall from the trees in my garden.”

Daughter Sandy concurs: “Mom has her own apartment, which she maintains herself. And though we live upstairs, we travel for up to three weeks at a time. Peace of mind for Mom, peace of mind for me. Perfect.”

“This GoSafe tracks me via GPS and cellular networks,” Patterson said. “It basically works wherever the AT&T cellular network and wireless networks are available. So far, the only place I’ve gone where it can’t pick up my location is the top of Mt. Baker.”

“And I so enjoy my relationship with John Insull (Island Hospital’s Lifeline Coordinator) and the Lifeline team,” Patterson adds. “I reach a real, live person when I have a question or need, and I am always treated with respect. They follow up and follow through. They truly care. And they’re fun.”

Island earns award for overall excellence

Island Hospital has been recognized by iVantage Health Analytics and the National Organization of State Offices of Rural Health (NOSORH) for overall excellence in Patient Perspectives, reflecting top quartile performance among all U.S. acute-care hospitals.

The rankings were designated by the Hospital Strength INDEX™, a comprehensive assessment of hospital performance. In partnership with NOSORH, iVantage Health Analytics has developed a data-driven program designed to identify excellence across a broad spectrum of indicators relevant to hospital performance and patient care. The Hospital Strength INDEX™ captures performance metrics for more than 4,000 acute care hospitals, including more than 1,300 rural and critical-access hospitals.



Pat Patterson (center) joins daughter and son-in-law George and Sandy Yates on a walk with dog Sammy, always carrying her GoSafe device.

Patterson said she wants to share her experience with Lifeline’s GoSafe so that others can know of the reliability and quality of this service as they determine which Lifeline product would best suit their individual lifestyles.

For more information about Phillips Lifeline, its product line and which might be your best fit, call Island Hospital Lifeline Coordinator John Insull at (360) 293-7563 and/or visit www.islandhospital.org/lifeline.

Human-trafficking prevention forum

The Skagit County Coalition Against Trafficking (SKCAT) is sponsoring Turning Off the Red Light – a forum that will provide information and training in recognizing, preventing and working with survivors of human trafficking – on Tuesday, March 8 at the Swinomish Casino Conference Center.

Speakers include Noel Gomez and Peter Qualliotine, co-founders of the Organization for Prostitution Survivors; Jeri Moomaw, a trafficking survivor currently raising awareness as the Program Director of WA Engage; Erik Bauer, criminal justice attorney who sued Backpage on behalf of three trafficked minors; and Paul Nielsen, Senior Deputy Prosecuting Attorney for Skagit County.

The morning interactive session is focused on those employed in healthcare, education, law enforcement, social services, youth leadership and volunteering. The event will run from 8:30 a.m. to noon, with registration starting at 8 a.m.

An informational session for parents, grandparents, neighbors and friends will be held that evening at Burlington-Edison High School from 7 to 9 p.m. For information contact Gayle Kersten, SKCAT Chairperson at gayle_kersten@yahoo.com.



Paul Zaveruha MD joins Wound Care Center

Paul Zaveruha MD, MPH, FACS (known as “Doc Z”) is now serving patients at the Wound Care & Hyperbaric Medicine Center (WCC) at Island Hospital. He brings a wealth of experience and skills gleaned over four decades as a general surgeon in private practice, hospital and university settings – including six years cumulative service for the U.S. Air Force – earning the rank of Lieutenant Colonel while serving as general surgeon, flight surgeon, emergency department director, emergency physician and Commander 1st TAC Mobile Hospital.

Dr. Zaveruha received his Doctorate of Medicine from Georgetown University, Washington, DC. He then interned at Rhode Island Hospital, Providence; before doing his residency at Columbia-Presbyterian Hospital, New York City; followed by a residency at Mary Imogene Bassett Hospital, Cooperstown, NY, where he was also Chief Resident of General Surgery. He additionally received endoscopy training at Walter Reed Army Hospital, Washington, DC; and a Master of Public Health degree from the University of Washington, Seattle.

Under sponsorship of the Harborview Injury Prevention Center and the World Health Organization, Dr. Zaveruha served as a consultant to the Vietnam Health Department for injury prevention and prehospital care systems. From 1982 through 2013, he was on active staff at Whidbey General Hospital, Coupeville, concurrently serving as courtesy staff to Island Hospital; and for more than three decades, he additionally served as Island County EMS Medical Program Director. Dr. Zaveruha is a member of the American Medical Association and Washington State Medical Association.

“The most rewarding fulfillment of my medical career has been the one-on-one, doctor-patient relationship that brought me to this profession in the first place,” Dr. Zaveruha said. “I am not finished in this vocation, and I am extremely happy to now be in service to the Island Hospital community.”

The WCC is located in the Medical Arts Pavilion on the east side of the Island Hospital campus at 1015 25th St., Anacortes. For information call (360) 899-4600 or visit www.island-hospital.org.

Kristin “Kristi” Stevens RN, BSN, CEN joins IH as Director, Acute Care, ICU



Kristi Stevens RN, BSN, CEN recently joined Island Hospital as Director of Acute Care and Intensive Care, a position formerly held by Denise Jones RN, MN, who was appointed as IH

Chief Patient Care Executive in October 2015. Along with nearly 20 years RN experience in a variety of hospital nursing settings, Stevens brings a passion for education and improving healthcare delivery in all roles and settings.

“I consider my leadership to be a servitude of caring,” Stevens says. “It is when a nurse leader connects to and cares for the ‘personhood’ of those she leads just as she connects

to patients she cares for, and that hope and empowerment are fostered, leading to both excellent patient care and personal fulfillment.”

Stevens initiated her nursing career as a Nurse Apprentice II (1992-1996) at St. Luke’s Regional Medical Center, Boise, ID, earning her Bachelor of Science-Nursing, magna cum laude, from Boise State University (BSU) in 1996. She continued her studies and hands-on training through BSU’s nursing program and received her RN in that same year. She was inducted into the BSU Phi Kappa Phi National Honor Society in 1994 and the following year was inducted into Sigma Theta

STEVENS continued on Page 22

Friedrich Loura MD joins IH staff



Friedrich C. Loura MD, of Western Washington Medical Group (WWMG), has joined the staff of Island Hospital and is now providing care to patients in need of gas-

troenterology (GI) and hepatology services.

Dr. Loura earned his Doctor of Medicine degree at the University of California, San Diego, and fulfilled both his residency and fellowship in internal medicine and gastroenterology at the University of Michigan, Ann Arbor.

A provider with WWMG since 1988, Dr. Loura has served as its medical director at the WWMG Endoscopy Center and at Providence Everett Medical Center Endoscopy Services since 1994. He has also been on staff at Whidbey General Hospital, Coupeville, since 2000 and more recently at the hospital in Friday Harbor.

Dr. Loura’s special interests include esophageal disorders, including motility disorders and acid reflux. “I enjoy being able to collaborate with patients to solve unusual symptoms of reflux such as cough, laryngitis and difficulty swallowing,” he says. “I am also dedicated to working with patients with liver, biliary or pancreatic disease. In addition, as early detection is so important, screening for colon polyps and cancer is an essential part of my work.”

A member of the American Gastroenterological Association, the Northwest Gastroenterological Society, and the American Society for Gastrointestinal Endoscopy, Dr. Loura is certified by the National Board of Medical Examiners, National Board of Internal Medicine and the American Board of Gastroenterology.

“I am pleased to be part of this impressive medical community,” Dr. Loura said. “My goal is to provide high-quality specialty care locally and allow patients to remain close to home.”

In Anacortes, Dr. Loura sees patients at the IH Medical Office Building, 2511 M Ave., Suite C. For information or appointments, call WWMG at (425) 259-3122.

Vince Oliver receives AHA's Shirley Ann Munroe Leadership Award



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

In the announcement, the AHA noted: "Oliver is a collaborative leader. By teaming up with physicians, staff members and the community, he has brought innovative programs to Island Hospital that enhance patient experiences and outcomes. Some of these new initiatives were developed by collaborating with other hospitals such as a Sleep Wellness Center, a Wound Care & Hyperbaric Medicine Center,

and the Merle Cancer Care Center. A new mental-health program was initiated with the local school district bringing care to students.

"Oliver spearheaded the design, development, financing and construction of two major facilities. The hospital's 1962 facility needed expansion and modernization, part of which was financed through a levy that was approved by 79% of voters. Oliver's ties to the community are strong in other ways, he recruited medical staff to reflect the local diversity."

Under his leadership, Island Hospital continuously receives excellent patient-satisfaction marks, as demonstrated by a Seattle Post-Intelligencer ranking of 3rd out of 49 hospitals in Washington State for CMS patient satisfaction scores and perception of quality. Additionally,

OLIVER continued on Page 22



Ken Martin PharmD named Director of Pharmacy

Ken Martin PharmD has been selected as Island Hospital's new Director of Pharmacy.

Chosen from a number of highly qualified candidates, Martin holds not only the experience but also knowledge and high level of safety and excellence desired for IH and its patients.

Martin earned his Bachelor of Arts degree in biology (minoring in economics and chemistry) at Central Washington University, Ellensburg. In 1999 he earned his Doctor of Pharmacy (PharmD) degree from the School of Pharmacy, University of Washington, Seattle. He had previously worked as a marine biologist for NOAA.

Martin has served as Pharmacy Manager at Walgreens, concurrently serving as Instructor of Pharmacology at Edmonds Community College. He was later trained as a Nuclear Pharmacist and named Pharmacy Manager for Cardinal Health Nuclear Pharmacy, Fife, WA, where he managed all aspects of the pharmacy operations including procurement of radiopharmaceuticals, safe handling, distribution and quality assurance of the products. During that time, he also served as Associate Clinical Professor, Nuclear Medical Technology Program Clinical Rotations Preceptor at Bellevue College.

Since 2007 Martin has worked as Director of Pharmaceutical Services and Sub-Investigator, first at Comprehensive Clinical

Development in Tacoma (a 250-bed facility that conducted Phase 0,1 human clinical research) and most recently as Pharmacy Director at Whidbey General Hospital in Coupeville, where he was accountable for managing financial resources and budgets as well charged with working within the hospital system to identify and implement service-oriented patient solutions and train staff regarding the pharmacy processes that would ensure results in achieving goals.

"Identifying areas of opportunities to enhance Pharmacy Services through collaboration between the pharmacy and the departments they serve will be a top priority," Martin said. "My immediate priority will be to ensure regulatory compliance."

Martin holds both the Washington State Pharmacist (Nuclear distinction) and Pharmacist Preceptor licenses. He is a member of the Washington State Pharmacy Association and American Society of Health-System Pharmacists.

"I chose to work at Island Hospital," said Martin, "because of its outstanding reputation as a healthcare facility with wonderful community support and great leadership. I'm very excited about joining Island's team of healthcare professionals with the goal of ensuring patients receive the best healthcare experience and outcomes."

In his free time, Ken enjoys spending time with his wife, daughter, two dogs and two cats. He also coaches a girl's select soccer team and enjoys the outdoors.

Michael McKenna takes the helm of Plant Operations



Newly named Director of Plant Operations, Michael McKenna brings 28 years exemplary, naval senior executive experience in leadership, manage-

ment, operations, process improvement, safety and integration.

After earning his Bachelor of Science degree in applied mathematics from Old Dominion University, Norfolk, VA, he received his Master of Arts degree in national security and strategic studies from Naval War College, Newport, RI. He additionally received specialized training in senior- and mid-level leadership at the Navy's management school in Newport; FEMA defense support to civil authorities; U.S. Navy sexual-assault prevention and equal-opportunity instructor; and, through Syracuse University, is progressing towards advanced certification as a project management professional and Lean Six Sigma (a methodology he utilized with great success that focuses on collaborative team effort to improve performance by systematically removing waste in time, inventory, motion, waiting, over production, over processing, defects and skills).

McKENNA continued on Page 22

Volunteer Jo Fuqua is BIG on miniatures

Island Hospital Volunteer Jo Fuqua, shares her enthusiasm for miniatures with the patients and staff in the Merle Cancer Care Center.

Fuqua, a former elementary school principal and university professor, has enjoyed creating miniatures since her retirement in 1985. Miniatures she has created are on display in the Cancer Center and at Cap Sante Court Retirement Center. In addition, Jo has created a 4-by-8-foot replica of Commercial Avenue (6th Street to 9th Street) for the Anacortes Fire Department. The model is used to train volunteers and new firemen on the proper equipment to use. She is also proud of her creation of the Citadel of Aleppo, Syria – the longest, continuously occupied city in the history of the world – which she created at the request of a friend.

“We scaled the downtown miniature one inch to 10 feet, close to Matchbox cars, so that the trainees can determine which piece of equipment to use and where to place it to take care of the problem in the most efficient way,” said Fuqua.

Fuqua enjoyed the downtown project a great deal “because I created something that will serve the whole community.”



Jo Fuqua beside her miniature titled “Southwest Living is Unique!”

Volunteers Needed at Your Hospital!

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

GIFTS & MORE

Come and work in the hospital gift shop and help us continue to make significant financial contributions to the Island Hospital Foundation.

SHIBA Helpline

(Statewide Health Insurance Benefits Advisors)

Assist appreciative clients in understanding the many insurance options available, which include Medicare and prescription drug coverage.

SURGERY DESK

Check in and help surgery patients and family coming in for services at Island Hospital’s Surgical Services Department.

If interested, please visit www.islandhospital.org or contact Jenn Van Dyke at (360) 299-1371 or jvandyke@islandhospital.org.

Making a difference

If you are searching for a place to volunteer, consider Island Hospital. You can’t work with a finer group of people.



At age 85 I have decided it is time to leave my morning station at the “Surgery Waiting Desk” and turn it over to a younger, sharper person. After serving 3500 hours, I need to hang up my bright-red vest before I start mixing up colonoscopy and orthopedic patients.

It has been a joy assisting the fine surgical staff here. I like to think we volunteers help the nurses by escorting patients into surgery, keeping families involved and eventually wheeling outpatients to their vehicles. We also introduce patients’ family members to the surgeons and provide coffee and comfort for anxious relatives and friends.

It has been fun to joke with (very!) hungry colonoscopy patients, assuring them that the preparation is much worse than the actual procedure! Also, emphasizing with those undergoing more serious surgeries such as joint replacement can be aided by my own experiences.

I have always been treated as an equal by the Surgical Services staff; there is no “doctor this” or “doctor that”. The surgeons and nurses are “Bob” and “Curt”, “Karen” or “Mary Jo”. There is a feeling of family in Surgical Services.

Come and be a part of the family!

Nancy Husted
Island Hospital Volunteer, retired

Morgan F. Merrill MD

provides services in Family Medicine

EDUCATION/TRAINING

2008 Doctor of Medicine, University of Nebraska Medical Center College of Medicine

2011 Internship and Residency, Lincoln Medical Education Partnership

EXPERIENCE

2011-2015 Douglas County Memorial Hospital/Prairie Health Clinic, Armour, SD

“As a father of young children, I know how important it is to choose a physician you trust and relate to.”

Morgan F. Merrill MD

ANACORTES FAMILY MEDICINE
AT ISLAND HOSPITAL

2511 M Avenue, Suite B, Anacortes

Call for appointment today
(360) 299-4211

www.anacortesfamilymedicine.com

U.S. Family Health Plan Accepted!

Island Hospital maintains Level III trauma designation

Following a site survey earlier this year, Island Hospital received unconditional designation by the Washington Dept. of Health (DOH), which, along with stating the hospital meets the Washington State's Trauma Care Standards for Level III Trauma Designation listed nine strengths deserving of special mention.

Trauma designation rules require that Island Hospital re-apply for designation every three years. The designation process is made of two distinct parts beginning with a lengthy application and concluding with a site review. The site review includes an opening conference, during which the Trauma Coordinator gives a brief overview of the trauma service and then leads the survey team on a tour of the facility. The survey team then settles down for an in-depth medical-record and quality-improvement review before meeting individually with the Trauma Coordinator and Trauma Medical Director to provide education and an opportunity to have open dialog about the needs of the trauma service.

"The Site Review Team was incredibly complimentary during the closing conference," said Kelly Pearson RN, BSN, IH Director of Emergency Services and Trauma Program Coordinator, "commenting that our facility is well-equipped and optimal for patient flow, and that all should be commended on their efforts."

In the final report, the survey team noted Island Hospital to have a strong commitment to the trauma care delivered to the community and it is demonstrated by the excellent administrative support, strong partnership with community agencies, and programs participation in state activities. Other strengths noted in the final report include the noted dedication of the Trauma Program Coordinator and Trauma Medical Director to the program in addition to strong



Island Hospital's outstanding Emergency Department staff includes (from left) Tracey Quinn CNA, Jaimie Nunez RN, Lisa Edwards RN, Kelly Moore RN, Soni Tobey RN, Director Kelly Pearson RN, Sheryl Robinson RN and Maria Eisenberg RN.

adherence to the education requirements of the Washington Administrative Code.

The report went on to mention IH's ability to ensure appropriate resources are available for the trauma patient and excellent ability to expedite the transfer of patients to a higher level of care quickly when necessary. During the closing ceremony, the surveyors commended the efforts of the Trauma Program Coordinator and Trauma Medical Director noting their great accomplishments over the last designation period and an excellent vision for the future.

57% of Washington's uninsured may be eligible for subsidies

A Kaiser Family Foundation (KFF) analysis published in October 2015 reports that approximately 57% of Washington State's uninsured may be eligible for subsidized health insurance under the Affordable Care Act (ACA).

The analysis found that approximately 621,000 Washington individuals remained uninsured prior to the end of the 2015 Marketplace open enrollment period. Of those, 38% were eligible for Medicare, 19% were eligible for premium tax credits and 43% were ineligible for assistance due to income, employer subsidized insurance (ESI) or citizenship requirements.

"Data from [various] sources indicates that misperceptions about cost, lack of awareness of financial assistance, and confusion about eligibility rules were barriers to some eligible uninsured gaining coverage," the KFF analysis shows.

A separate report issued by the Washington State Office of Financial Management (OFM) Health Care Research Center states: "As a result of the ACA, the state's uninsured rate underwent the largest

single-year decline in recent history, dropping nearly 5 percentage points from 14 percent in 2013 to 9.2 percent in 2014.... The majority of the uninsured in 2014 continued to be adult males 18-64 years old who were non-Hispanic, white, not married, low-income, employed and citizens born in the United States." The research also reported an uninsured rate reduction of 2% for children aged 0-18; however, approximately 78,000 children remained uninsured at the close of 2014.

Washington State residents who qualify for the below can apply at any time and are not subject to open enrollment deadlines:

- Medicaid: Individuals or families whose income falls at or under 138% of the Federal Poverty Level are eligible for Medicaid (for example, \$16,242 for an individual or \$33,465 for a household of four).
- CHIP: Eligibility is offered to Washington residents under 19 years of age or a primary caregiver with a child under the age of 19, not covered by health insurance (including Medicaid), and a U.S. national, citizen or legally

present alien. Income caps for eligibility differ from Medicaid. For example, the annual income cap for a household of four in 2016 is \$71,550.

For all others, including those eligible for insurance tax credit, 2016 Marketplace open enrollment ends Jan. 31, 2016, and will take effect March 1, 2016.

Helpful resources

- To schedule an appointment with an in-person assister at Island Hospital, call (360) 299-4924.
- For help understanding details about enrolling, including plans and prices, call Washington Healthplanfinder at (855) 923-4633 or (360) 688-7700.
- To compare plans and/or enroll online, visit www.wahealthplanfinder.org.

More detailed information provided by the KFF and OFM is available online at <http://kff.org/uninsured/issue-brief/new-estimates-of-eligibility-for-aca-coverage-among-the-uninsured/> and www.ofm.wa.gov/researchbriefs/2015/brief074.pdf

Breastfeeding changes in the last half century: Oh, what a difference!

By Jody Cousins MD

Nationwide, nearly 79% of women leave the hospital breastfeeding their infants. In Washington State, the number is even higher at 92%. These numbers represent a radical change in both attitudes and methodologies of the early 1970s, when breastfeeding reached an all-time low and only 22% of new mothers left the hospital nursing their infants.



The decline in breastfeeding during the 60s and 70s was due to a variety of socio-cultural factors, yet support from groups like the La Leche League turned the tides in the late 1980s. There remains, however, a generation of women who may not have received skills or reliable information about infant feeding, and as their daughters and granddaughters are now having children, this knowledge gap leaves many women at a loss as to how to better support their breastfeeding progeny.

Gone are the days of scheduled and timed feedings, of waiting for baby's cry to

signal time for feeding, and introducing solid foods before baby's recommended age. Healthcare providers are developing proven strategies that support and promote breastfeeding in ways more beneficial to both mother and child. Below are a few that foster a great start in life:

- Allow mom time with her baby "skin-to-skin" for several hours after birth. This critical together time allows baby and mom to get to know each other and is a more natural introduction to breastfeeding and to life.
- Breastfeeding is learned and takes time. Provide the new mom with help for other chores, such as laundry and food preparation.
- Avoid the temptation to give advice. Sometimes new moms just need someone to listen.
- Avoid giving artificial nipples like pacifiers or bottles (even with breastmilk) to breastfeeding infants in the early weeks.
- Focus on mom! She needs to know that learning to nurse takes time. Pamper her! Avoid offering to feed baby at night "so mom can rest." Even small amounts

of formula can decrease mom's milk production and are currently thought to promote allergic reactions in susceptible infants.

- Feed baby on cue. Don't wait until baby cries, which is the last cue. Watch for early cues: bringing their hands to center or smacking their lips or turning their heads searching for the breast. While it may be tempting to hand a fussy baby to a nursing mom and tell her "it's time to feed the baby," it is more beneficial to calm the baby before the feeding. Also, understand that babies have growth periods and may spend a few days every few weeks eating all day. This is expected and healthy.
- Compliment mom on how proud you are of how she is doing what is best for her baby. Help her to get help if she hits a "bump in the road", such as nipple pain or concerns about baby's weight gain.

This article is extracted from Dr. Cousins's more detailed article by the same name, available online on the Center for Maternal & Infant Care (CMIC) section at www.island-hospital.org. Dr. Cousins is the Medical Director for the CMIC and a family-practice physician with Fidalgo Medical Associates (FMA) at Island Hospital. For information or appointment call FMA at (360) 293-3101.

Island delivers 2 New Year's babies


In year's past, Island Hospital may have to wait a few days into January for the first baby of the New Year. However, 2016 started with two births on New Year's Day, a boy and a girl, born to Anacortes residents. Arriving at 10:26 a.m. was Hawthorne Ambrose Dwight (left) followed by Mikaelyn Estelle Bitterman at 10:42 a.m. Hawthorne – with Mom Lindsay Sanford and Dad Zach Dwight – weighed 7 lb. 8 oz.; and Mikaelyn – with Mom Nicole Oliver and Dad Chris Bitterman – weighed 7 lb. 3 oz.




WHAT YOU NEED TO KNOW ABOUT

OUR YOUTH & E-CIGARETTES

USAGE:  **13.4%** of high school students

 **3.9%** of middle school students

Use of E-cigarettes **TRIPLED** among high school & middle school students from 2013-2014

 Traditional cigarette usage among youth is declining.

E-cigarette usage has surpassed current use of every other tobacco product overall, including conventional cigarettes. 

What's the attraction?

E-cigarettes have been promoted as a tool to quit smoking.

SMOKING CESSATION

KID-FRIENDLY FLAVORS

E-cigarette flavors such as cotton candy and gummy bears are appealing to youth.

TRENDY / FASHIONABLE

The high-tech design of e-cigarettes make use edgy and exciting to teens.

While illegal in WA to sell e-cigarettes to anyone under 18, these are easily available online.

READILY AVAILABLE

BELIEF THEY ARE HARMLESS

The absence of tobacco in e-cigarettes may convince teens these are harmless.

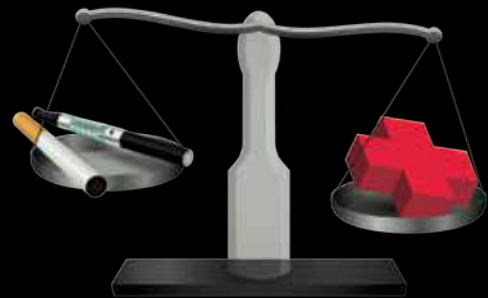
CONCERN What's so bad?

HIGHLY ADDICTIVE

Exposure to small amounts of nicotine for a brief period of time can set the path for a lifelong addiction in a child as their less mature brains are more susceptible to the effects of nicotine.

ADVERSE EFFECTS ON BRAIN

Evidence shows that nicotine's adverse effects on adolescent brain development could result in lasting deficits in cognitive function.



TIPS FOR PARENTS



EDUCATE YOUR KIDS

Nicotine is **HIGHLY** addictive and can **ADVERSELY** effect brain development.



KNOW THE SIGNS/SYMPTOMS

It can be difficult to know if your child is using e-cigarettes because they don't smell obviously like tobacco or marijuana. Watch for a dry cough, as well as mouth or throat irritation.



HELPFUL LINKS

www.doh.wa.gov/YouandYourFamily
www.teen.smokefree.gov
www.smokingisexpensive.com
www.quit.com
www.cancer.org



IHH Home Health earns *HomeCare Elite* honor

Homebound patients in this region have long known the excellence of service provided by Island Hospital Home Health (IHHH). So it is not surprising that IHHH has for the third time been honored with the HomeCare Elite designation bestowed on the top 25% of home-health agencies in the U.S.

This award is based on patient-care performance measures that include outcomes, best-practices implementation, patient experience, quality improvement and financial performance. To be considered, an agency must be Medicare-certified and have data in Home Health Compare.

When someone is homebound and in need of specialized help to cope with a medical condition or recover from an accident, illness or surgery, the choice of home-health agency is vital. It's important to compare. And IHHH goes beyond compare.

IHHH is the only locally owned, hospital-affiliated home-health agency serving Skagit and San Juan counties.

"This honor truly distinguishes our service excellence and speaks highly of the leadership and professionalism of the entire Home Health staff," said Denise Jones RN, Chief Patient Care Executive at Island Hospital.

Director of Home Health Penny Snarrenberg RN noted that this recognition reflects the exceptional work of the entire department. "Our nurses, therapists, aides, social worker, office staff and hospital support network all share this honor. We deeply care about our patients and will do all we can to provide the best care possible."

Highly skilled, experienced and compassionate, IHHH staff provides consistent, high-quality care, measured not only by state and federal standards but also by patients' satisfaction and referrals.

Island Hospital Home Health: in Skagit County call (360) 299-1302; San Juan Islands call (855) 440-4200, ext. 1302.

(In photo) Elite Home Health staff (from left) include Dale Carmean PTA, Bonnie Antoncich PT, Becky Vavrosky PTA, Scott Schoultz OT, Lesley Skarosi PT, Kathy Crawford RN, Debbie Williams OT, Office Coordinator Krisitin Bayless, Director Penny Snarrenberg RN, Bonnie Bowman RN, Patti Bjarnason SLP, Intake Coordinator Sherrie Lally, Val Maier RN, Nursing Coordinator Abby Cole RN, Anne Pliska CNA, Schedule Coordinator Karissa Kirk. Not shown: Trish Lehman RN, Dave Kahle PT, Mellissa Martin PT, Sue Jones RN, Ruth LeBrun RN, Carolina Finn RN, Greg Jones PT, Tom Hudson PT and Katie Walker MSW.

Soroptimist International of Fidalgo Island raises \$12,950 for Oncology Support Services

Soroptimist International of Fidalgo Island (SIFI) raised nearly \$13,000 for the Merle Cancer Care Center (MCCC) support services during their 11th annual Halloween fundraiser, held in October at the Swinomish Casino.

SIFI members Marge Thomas and Diane Goetz presented a check for \$12,950 to MCCC Patient Navigator Kelsey Jenison, who said, "All of us – including staff, patients and their families – are extremely grateful for this generous gift. The funds will go towards patient financial assistance, complementary lodging for their families and the variety of support services provided by the Merle Cancer Care Center."

"Each year," said Thomas, "SIFI votes to

select one community organization that will benefit from the Halloween event. Kelsey came to our club and made a presentation. After that, the decision was a no-brainer. Many of our members have had or have cancer. The Merle Cancer Care Center provides not only medical intervention but also nourishes its patients in so many hope-giving and quality-of-life supporting ways."

Goetz added, "I wish to thank the Swinomish Casino, whose generosity allowed us to contribute so much, as well as the open-handed merchants, sponsors and guests who helped to make this gift possible.

More information about MCCC support services is available online at www.island-hospital.org.



Soroptimist International of Fidalgo Island members Michelle Hawkins (left) and Shannon Woodall help at the club's Halloween fundraiser.

hospital.org. For more information about SIFI, call (360) 293-7251.

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 will cost you far more, probably take far longer and place you with a provider that is unaware of 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



The Walk-In Clinic at Island Hospital is open every day of the year, to serve urgent medical needs, at 2511 M Avenue, Anacortes.

The Walk-In Clinic at Island Hospital

2511 M Ave., Anacortes
(360) 299-4211
Open seven days

Hours: Monday - Saturday, 8 am - 8 pm
Sunday, 9 am - 5 pm
Holidays, 9 am - 3 pm

hours per day, seven days a week. The higher stroke designation is made possible by a collaborative effort with Swedish Neuroscience Institute that links the Island Hospital Emergency Department to Swedish Medical Center's renowned stroke experts via real-time videoconferencing.

Walk-in clinics

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

Coats for kids

This year 75 area youngsters received new warm coats as a result of the Coats for Kids campaign sponsored by the Island Hospital Employee Council. Island Hospital employees and volunteers donated \$3,050 this year to purchase coats for children in need throughout Skagit and San Juan counties.

Of these, 13 will go to Orcas Island youngsters. Orcas Medical Center employees and Orcas Medical Foundation board members donated \$285 to purchase coats for children in need in their community.

Committee members included Island Hospital Human Resources Coordinator Melissa Reed (at left in photo), Switchboard Operator Ashley Barnes (middle left), Pharmacy Technician Christine Adkison (middle right) and Community Education Coordinator Claire Zaugra (right), shown with a selection of donated coats. Also assisting with the program were Diagnostic Imaging Receptionist Cynthia Sahnaw and Staff Accountant Deb Larsen.



Pulmonary Rehab patient, Barbara Anderson: “They taught me how to breathe!”

When daughter-in-law Tina arrived to get Barbara Anderson, she noticed that Anderson had no eye contact and was looking “half out of it”. To this, Anderson replied, “I feel so tired, like I could sleep forever.”

Tina said, “Not today, Mom,” and called 9-1-1.

Aging and changing

Formerly a registered nurse, Anderson enjoyed a 50-year nursing career before settling into her home in Coupeville. Immediately after retirement, she took classes and became a Master Gardner. But when her macular degeneration became such that she could no longer drive, she reluctantly moved from her beloved home and garden into the lower level of a home on Fidalgo Island belonging to her son and daughter-in-law.

“It’s worked out well,” she said. “I have my privacy, they have theirs, and we have a lush garden.”

Over time, Anderson had noticed that she had to take more frequent breaks when working in her garden, which she attributed to her osteoarthritis. And when she came down with pneumonia two or three times, she attributed that to catching it while on an airplane or a bout of influenza.

Diagnosis and rehab

“In ICU, I was diagnosed with CO2 narcosis,” Anderson said, “which is caused by an imbalance in oxygen and carbon-dioxide levels in the blood. It can result in respiratory failure, coma – a variety of problems that nobody would want, including death. Home from the



Jim Schermele RRT



Barbara Anderson in her lush garden.

hospital, I finally accepted that this was something I needed to deal with. I called Island’s Cardiopulmonary Care Center.”

“This wonderful program,” Anderson began, choking back tears, “is so meaningful to me! It’s the most important thing that’s happened in my life – and I’ve had a lot of important things happen in my life. They taught me how to breathe! In all my life, I’d never been taught to breathe from the diaphragm.”

“Jim [Respiratory Therapist Jim Schermele] has a cult following among us ‘lungers,’” Anderson continued. “He educates us and snatches us from our oxygen tanks. (I certainly didn’t want to sit on that tether for the rest of my life, and I learned I didn’t need to.) My personal program calls for exercising on a treadmill and then shifting to a recumbent bike. Toned muscles have a direct correlation to oxygen flow. I’m also working with Courtney [Exercise Specialist Courtney Stewart] to build upper body strength.”

“Everyone is so helpful and supportive, including the other men and women receiving rehab,” Anderson said. “You learn that you do have some control over your body and that your life of independence is not over.”

“I want people to know that once they take responsibility for their health, there is tremendous help and support waiting for them. What’s more, we have fun. After all, if you lose your sense of humor, you’re doomed.”



Better Nights = Better Days (at school)

School performance can suffer due to sleep disorders — believed to affect as many as 30% of our children.

WE CAN HELP!
360.299.3676 FOR INFO OR APPOINTMENT

Symptoms include:

- Bedtime refusal
- Sleepwalking
- Excessive daytime sleepiness, irritability
- Bed wetting • Insomnia
- Mood, behavior or school problems

ISLAND HOSPITAL SLEEP WELLNESS CENTER
1110 22nd St., Anacortes
HCA Center of Excellence/Preferred Provider

AMERICAN ACADEMY OF SLEEP MEDICINE

www.islandhospital.org/sleepwellnesscenter

11th Annual March for Meals



Help support Meals on Wheels by bowling!
Bowling Bash
March 12th & 13th

Includes 4 bowlers per team, 2 ½ hours of bowling at San Juan Lanes, shoes, food, prizes and more! Visit www.bowlingbash.org for more information.

Meals on Wheels is projected to serve more than 148,000 hot nutritious meals to 3,100 Skagit seniors in 2016. The generous donation of time by volunteers and funds raised through the annual March for Meals campaign help make this possible.

For information or to sign up, please contact Sally Hill at (360) 293-7473.

Health & Wellness

Classes, Screenings & Support Groups

Prepayment is required.

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

THREE EASY OPTIONS FOR REGISTRATION

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

Classes

ADVANCE HEALTHCARE DIRECTIVES

Living Wills & Durable Power of Attorney for Healthcare

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

When: Monday, Apr. 25, 10 – 11 a.m.

Where: Fidalgo Room

Cost: FREE

BIRTH AND BEYOND

Childbirth Education Class



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

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

When: Tuesdays, Mar. 1 – Apr. 5, 6 – 8:30 p.m.

Tuesdays, May 3 – June 7, 6 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

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

Weekend Childbirth Education

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

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

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

Where: Fidalgo/Burrows Rooms

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

Registration: 299-1309

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

Breastfeeding Matters



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

This class is open to pregnant and postpartum women and their babies and led by a lactation consultant with more than 20 years experience.

When: Monday, Mar. 7, 5 – 6:30 p.m.

Monday, May 16, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25 (covered by Apple Health)

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

Car & Booster Seat Clinic



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

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

When: Thursday, Feb. 11, 3 – 5 p.m.

Thursday, Apr. 14, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 299-1309

CANCER CARE RESOURCES

Look Good...Feel Better

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

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

Art & Healing for Cancer Patients

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

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

Where: Merle Cancer Care Center Conference Room

Cost: FREE

Contact: 588-2082, registration preferred

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

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

Pulmonary Rehabilitation

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

NEW! CPR CLASSES

Heartsaver CPR

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

When: Friday, March 18, 8 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$50

Instructor: Omar Betancourt

Basic Life Support (BLS) for Healthcare Providers

This course is for healthcare providers and includes adult, child and infant CPR, AED usage and choking. This American Heart Association BLS for Healthcare Providers certification is good for two years.

When: Friday, April 22, 8 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$75

Instructor: Omar Betancourt

DRIVER'S SAFETY

AARP Smart Driver

During this class intended for those 50 and older, participants will refresh 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: Thursday, Apr. 14, 9 a.m. - 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Linda Sisson

HEALTH INSURANCE

Medicare 101: Understanding Your Medicare Choices

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

When: Monday, Mar. 28, 1 - 2:30 p.m.

Monday, Apr. 18, 9:30 - 11 a.m.

Monday, May 9, 1 - 2:30 p.m.

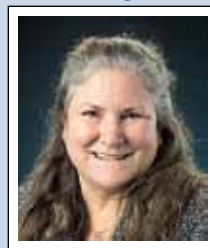
Where: Fidalgo Room

Cost: FREE

Instructor: SHIBA Volunteer

PARENTING

Positive Discipline: Effective Parenting Skills for All Ages



Learn how to understand the meaning of your child's behavior and gain the parental tools to respond effectively. This 3-session class will provide an overview of each developmental stage a child experiences and

show you how to support their growth as a mentally healthy person with functional coping skills. "Light bulbs" always go off for participants as they implement their new-found parenting skills and watch undesirable behavior being eliminated. Sponsored by the Kiwanis Noon Club of Anacortes.

When: Wednesdays, Mar. 9, 16 & 23, 6 - 8 p.m.

Where: Fidalgo Room

Cost: \$10 per household (scholarships available)

Instructor: Kathie Ketcham MA, LMFT, CMHS

PHYSICAL THERAPY PROGRAMS

Life & Therapy After Joint Replacement Surgery



For those planning on having a total knee or hip replacement, join an occupational therapist to get answers to your questions about returning to an independent lifestyle after surgery. Class is led by an Island Hospital

occupational therapist who will discuss post-operative exercises and adaptive equipment.

When: Tuesday, Feb. 9, 1 - 2:30 p.m.

Tuesday, Mar. 8, 1 - 2:30 p.m.

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

Tuesday, May 10, 1 - 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Hilary Walker OT

Urinary Leakage



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

help prevent urinary leakage.

Reiko Nystrom is a physical therapist at Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, Apr. 21, 10 a.m. - noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

Classes, Screenings & Support Groups

Osteoporosis: Exercise and Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong. Come prepared to try some exercises you will be able to do at home.

Linda Lewis is a physical therapist at Physical, Occupational & Speech Therapy at Island Hospital and Suzie DuPuis is a registered dietician at Island Hospital.

When: Wednesday, May 18, 3 – 5 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Linda Lewis PT & Suzie DuPuis RD

SELF-CARE

NEW! Healthy Cooking with Diabetes

Come learn what makes up a healthy diet for those living with diabetes. Includes information on healthy food choices, preparation and recipes. Watch a demonstration of a few recipes being made and taste how delicious they can be!

Led by Island Hospital Registered Nurse Jan Priggee and Certified Chef Jackie Davison of Potluck Kitchen Studio.

When: Tuesday, Feb. 16, 10 a.m. - noon

Where: Burrows Room

Cost: \$15

Instructors: Jan Priggee RN and Jackie Davison CC

NEW! Senior Sexuality



Sexuality is a positive, life-affirming activity that does not end with retirement. Many changes occur for individuals over age 55 that require them to develop new expectations in their intimate sexual lives. This 4-session

class will explore these issues and consider how to develop positive ways of being sexual as we age. Topics include sexuality later in life, skin hunger, safer cyber sex, talking to your healthcare provider about sex and chronic illness and sexuality.

Mary Ellen West is an AASECT certified sex counselor as well as an advanced registered nurse practitioner.

When: Thursdays, Feb. 18, 25 & Mar. 10 & 17, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$50 for all four sessions

Instructor: Mary Ellen West ARNP, CNM

Improving Your Aging Memory



Is your memory not quite how it used to be? Join Island Hospital's Speech-Language Pathologist, Libby Lewis, to learn strategies and activities to improve your memory and keep your mind sharp.

When: Tuesday, Mar. 22, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Libby Lewis MA, MEd, CCC-SLP

Essential Oils for the Mind, Body & Soul



Have you wondered how to purchase, store and blend quality essential oils for remedies? Smell, blend and test several recipes and create one to take home. Includes notes and recipes.

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

When: Thursday, March 24, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Navigating Health Challenges



Learn how to be a healthcare advocate for a friend or family member facing health challenges to help them navigate the healthcare system. Become skilled at how to listen to your loved one and help them ask the

questions they need to know the answers to in order to make informed decisions about their care. Includes handouts.

Karen Huber is a former registered nurse and environmental health engineer, as well as a certified mediator and healthcare advocate.

When: Wednesday, March 30, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Karen Huber

Meditation for Everyday Living



Meditation has been clinically proven to reduce stress, blood pressure and anxiety and help with restful sleep. This gentle three-session class includes breath awareness, mindfulness techniques and guided exer-

cises.

Jan Hodgman MA spent eight years in a Japanese Zen monastery and has more than 40 years of experience with meditation.

When: Mondays, Apr. 4 - 18, 2 – 4 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

Chronic Pain Management



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

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

When: Wednesdays, Apr. 13 – May 11, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25

Instructor: Geoffrey Godfrey ARNP

Health Information on the Internet

Learn the benefits and pitfalls of using the internet to find health information. Explore a variety of health related websites and learn how to find reliable websites and avoid those that might not be accurate. Will include discussion of medical center sites, blogs, online support groups, etc. while looking at the potential motivations behind some sites that may create an information bias. Includes handouts of guidelines and a list of reliable websites.

See "Navigating Health Challenges" for instructor's information.

When: Friday, April 22, 2 – 3 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Karen Huber

Green Cleaning

Learn to make your own natural cleansing powders and sprays using essential oils combined with toxin-free ingredients such as vinegar, baking soda and citric acid. Each student will make a multi-surface or disinfecting spray and a fizzing bathroom cleansing powder.

See "Essential Oils for the Mind, Body & Soul" for instructor's information.

When: Monday, Apr. 25, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

Natural Skin Care

Learn to make luxurious skin and haircare products using essential oils, jojoba oil, borage seed oil and more. Demonstrations include facial and eye treatment blends, sea salt and sugar scrubs and hair treatments. Create your own skin or hair blend to take home or give as a gift! Recipes included.

See "Essential Oils for the Mind, Body and Soul" for instructor's information.

When: Monday, May 2, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$25, includes supplies

Instructor: Michelle Mahler

NEW! SPECIAL EVENTS

Understanding Hypothyroidism



Join naturopathic physician Alethea Fleming of the Vital Aging Clinic for an informative and lively discussion explaining low-functioning thyroid, symptoms, testing and treatment options.

When: Monday, Mar. 21, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

The Good, Bad & Ugly of Cholesterol

Exercise, a healthy diet and medications are all ways to help control your high cholesterol. Learn about different types of lipids, the new guidelines and ways to lower your levels. Knowing how to lower your cholesterol can decrease your risk of a heart attack or stroke.

When: Thursday, Apr. 28, 10 – 11 a.m.

Where: Fidalgo/Burrows Room

Cost: FREE

Instructor: Erin Rieger ARNP

WEIGHT MANAGEMENT

Overweight?

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

Weight Watchers™

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

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

Where: Island Hospital Cypress Room

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

Contact: Marcee, 360-391-8994

OTHER RESOURCES

HIV/AIDS Training for Licensure

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

Island Prenatal Care Center

Provides maternity support services to low-income families, bringing the knowledge and skills of a registered nurse, social worker, infant case manager and dietician to meet the unique needs of each mother and baby. Education about pregnancy, childbirth, diet, exercise, baby care and infant feeding is included.

ed. Assistance with accessing community services is also offered. IPCC is located at 2601 M Ave., Suite C, Anacortes. Call 293-6973 for more information.

Lifeline

Island Hospital Lifeline is an easy-to-use personal response system that allows older adults living at home to get quick assistance whenever it is needed. Participants press their waterproof Personal Help Button whenever they need help, calling a certified Lifeline monitor who assesses the situation and summons appropriate help. Island Hospital Lifeline can be reached at 293-7563 or jinsull@islandhospital.org.

Statewide Health Insurance Benefits Advisors (SHIBA)

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

Anacortes Teen Clinic

We offer confidential family planning services for teens on Wednesdays from 2 – 5 p.m. We are located at 2601 M Ave., Suite C, Anacortes. Please call 293-6973 or drop in.

Support Groups

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

Art & Healing for Cancer Patients

1st & 3rd Wednesday, 2 – 4 p.m.

Merle Cancer Care Center Conference Room

Contact: 588-2082, registration preferred

Breathe Better

3rd Tuesday, 1 – 2 p.m.

Burrows Room

Contact: Jim, 299-4242

Chronic Pain

2nd Wednesday, 3 – 4 p.m.

Burrows Room

Contact: 299-4929

Grief

Every Wednesday, 3:30 – 5 p.m.

Guemes Room

Contact: Doug, 202-1699

Mother Support Group

Every Thursday, 3 – 4:30 p.m.

Burrows Room

Contact: Elizabeth, 416-1518

Parkinson's

3rd Thursday, 1:30 – 3 p.m.

Fidalgo/Burrows Rooms

Contact: Jerry, 293-2185

Prostate Cancer

3rd Wednesday, 11 a.m. – noon

Fidalgo Room

Contact: Carl, 299-3892

Restless Leg Syndrome

Sat., Mar. 12, 10 a.m. – noon

Fidalgo/Burrows Rooms

Contact: Charlotte, 293-7328

Classes, Screenings & Support Groups

OTHER ANACORTES SUPPORT GROUPS

Alzheimer's Association - Caregivers

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

Kidney

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

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

Health Screenings

Sponsored by the Island Hospital Foundation



Ongoing Blood Pressure Checks

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

Every Wednesday, 9 a.m. – noon
Anacortes Senior Activity Center

Last Tuesday of the month, 9 – 10:30 a.m.

Hearing Screening

Are you having a hard time hearing as well as you used to? Help is available and easy once you have confirmed hearing loss. This screening will provide you with a simple hearing test provided by Dr. Holly Kennedy of the Anacortes Hearing Center. Appointments are required!

When: Monday, Feb. 15, 9:30 a.m. – 4:30 p.m.

Where: Island Health Resource Center
Cost: FREE

Balance Screening

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

When: Tuesday, Feb. 23, 10:30 a.m. – 12:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Memory Awareness Screening

Are you or a loved one becoming more forgetful or maybe have started to misplace things more often? Have you become lost in a familiar place or noticed a change in mood, behavior or personality? If so, this screening can be a first step in helping determine if you might suffer from memory loss. This examination consists of a series of questions and tasks designed to test memory, language, thinking and other intellectual functions. Appointments are required!

When: Tuesday, Mar. 1, 9 – 11 a.m.

Tuesday, May 3, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: FREE

Colorectal Cancer Screening

Colorectal 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. Just complete the kit at home and return it to Anacortes Family Medicine. Your results will be mailed to you. No appointment required, just 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. Even if your insurance doesn't cover the cost of the screening, your patient responsibility will be \$0. Call 299-1309 for questions.

When: Tuesday, Mar. 8, 9 – 11 a.m.

Where: Anacortes Family Medicine, 2511 M Ave. Suite B

Cost: FREE

Cholesterol & Glucose Screening

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

When: Tuesday, Apr. 12, 8 – 11 a.m.

Where: Island Health Resource Center

Cost: \$10

TO SCHEDULE A SCREENING APPOINTMENT



Email communityed@islandhospital.org



Call (360) 299-1367

Vitamin D Screening

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

When: Tuesday, Apr. 19, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$30

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, Apr. 26, 9 – 11 a.m.

Where: Island Health Resource Center

Cost: \$5



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

Please give blood at Island Hospital

**Monday,
March 14
10 a.m. - 4 p.m.**

Fidalgo/Burrows Rooms

Call 299-1309 for an appointment or info.

Arleta “Rae” Allen gives back, pays forward with bequest to the Island Hospital Foundation

A woman of few, carefully chosen words, Arleta “Rae” Allen has a body of slight build; her footsteps, quick and light. Yet her imprint is deep when it comes to others being touched and cared for by her.

With abiding gratitude for the many blessings she’s known in her life, Allen believes in both giving back and paying forward. A graduate of the “School of Hard Knocks,” she hangs her faith on “Christ,” she says. “He is always with us.” She feeds the birds, sponsors three children through Save the Children, makes annual donations to the Island Prenatal Care Center, routinely donates to The Humane Society, and so much more.

In 2004 Allen named the Island Hospital Foundation (IHF) as a beneficiary in her will and trust. That bequest was made six years before, as she says, “Island Hospital saved my life! I had a stroke in 2010. I was taken by ambulance to IH, got the ‘clot blocker’ shot, and then was whisked to Swedish by helicopter. That Island Hospital ER doctor saved my life. She remains a marvel in my eyes.”

Raised in California, Allen moved to Washington in 1969 and made her home in

Arlington before moving to La Conner in 1998. Even before then, Allen says, “I learned what it is to belong to a small, rural hospital community, where one gets a true feeling about the hospital, the way it runs, its providers and marvel at its growth.”

“My first up-close encounter with IH was in 1994,” Allen says, “when a dear friend was hospitalized at IH and I was worried yet at ease because the staff was so exceptional and caring. Later – through the numerous hospitalizations of my partner, constant companionship and love, Don Finsen – we grew to love everyone from the cleaning crew to docs and nurses and knew most of them by name. In between these experiences, I had my stroke. Island Hospital was there for us all.”

“Like any beautiful and growing organism, our hospital needs nurturing and support,” Allen adds. “Get out your pocketbook and write a check, or plan for some other way to feed this vital resource. From birthing through end of life and everything in between, Island Hospital is here for us. Let’s keep it that way!”

The Island Hospital Foundation invites



Rae Allen with dog Sammie.

you to explore the many ways of giving at www.islandhospitalfoundation.org or by calling the Foundation office at (360) 299-4201.

Employee Giving Campaign best ever

Island Hospital employees and local physicians donated \$32,228 in the Island Hospital Foundation’s (IHF) 2016 Employee Giving Campaign – an increase of more than 50% over last year.

“This all-time high in donations comes from employees who not only provide exceptional care but also give back through donations to our patients, hospital and community,” said IHF Director Jeannette Papadakis.

The campaign started in mid-October with a “Cookie Kickoff” to sweeten the deal, and Foundation staff made presentations to staff during departmental staff meetings.

“Employees and physicians are able to designate their individual contributions to meet the greatest needs, a particular program, service or department,” Papadakis explained. “They also have the option of recognizing and honoring a coworker, or ‘Guardian Angel’



for their contributions within the organization. This may be a mentor, peer or supervisor from whom they receive inspiration. They may also designate their gift to memorialize a person special to them who has passed away.”

Department and raffle winners were announced by Papadakis and IHF Development Assistant Maddy Mackenzie during the employee holiday party held in December. Raffle winner ICU registered nurse Stacy Sardella took home a \$100 Visa gift card; and Patient Accounts, with 87% of their employees contributing, have been treated to a catered lunch as department winner.

“Employee giving and participation means much more than the dollar amount,” said IH CEO Vince Oliver. “It shows that our employees believe in the hospital’s mission and promise enough to give back. I applaud our employees for everything they do for our patients, hospital and community, as well as for their generosity.”

Swing Under the Wings for Island Hospital

The Island Hospital Foundation is now enlisting all dames and gents to join us for the 1940s-themed Gala of Hope on April 23. This year's swanky soiree *Swing Under the Wings* will be at the Heritage Flight Museum at Skagit Regional Airport in Burlington. Soar back in time as you stroll through a spectacle of WWII aircraft – the T6 Texan, the P-51 Mustang, PT-13 Stearman, and the PT-19 Cornell – among other historic icons.

Arrive decked out in your victory rolls, retro glamour, zoot suit or uniform to delight in jive and big-band swing tunes to celebrate the triumph and achievement of the era at this first-class canteen party and fundraiser for Island Hospital. Unite for a specially prepared four-course dinner and cocktail reception along with a one-of-a-kind live auction.

Shake hands with Apollo 8 Astronaut Major General William Anders – founder of the Heritage Flight Museum – and honorary chair of the 13th Annual Gala of Hope.

Each year, the Gala of Hope fundraiser promotes a healthier community by providing additional funds to outfit Island Hospital with the best-possible programs and equipment. Funds raised at this year's event will not only contribute to the overall greatest needs at the hospital, but toward the Heartstrings raise-the-paddle appeal to purchase four fetal-heart monitors urgently needed in the Thomas P. Brooks MD Birth Center. Gala guests will help Island Hospital improve the care of our smallest and youngest patients.

Tickets for the Gala of Hope are \$150 each and are available from the Foundation office and also online at www.islandhospitalfoundation.org. Sponsorships at various levels can be secured by contacting



Troy and Kelsey Jenison (from left) along with Shane Schuck are dressed up and ready to Swing Under the Wings. Kelsey is Patient Navigator in the Merle Cancer Care Center at Island Hospital and on the Gala of Hope Committee.

the Foundation staff at (360) 299-4201 or jpapadakis@islandhospital.org.

Save the date, purchase your tickets, or become an event sponsor and be a part of this sentimental journey to benefit quality healthcare programs, and services close to home!

A very special thank you to the PBY-Naval Air Museum, and June and Don Dixon for providing the uniforms and costumes used in our cover photo. We are also grateful to the Heritage Flight Museum for the use of its hangar, aircraft and uniforms, and for hosting this sensational event.

IHF Board welcomes two members

Island Hospital Foundation welcomes two new members to its Board of Directors. The 21-member Board provides oversight and community representation for development of the Foundation's operations, strategy, fundraising events and contributions.

Kathy Garde MD

Kathleen A. Garde MD, an obstetrics and gynecology specialist – and currently Chief of Medical Staff at Island Hospital – has joined the IHF Board.

"I look forward to serving on the IHF Board to continue its great work to enhance Island Hospital's services and facilities," she said.

Dr. Garde received a Bachelors degree from Seton Hill University, Greensburg, PA and Masters and Doctorate of Medicine degrees from Case Western Reserve University School of Medicine, Cleveland, OH. She completed an internship and a



residency in obstetrics and gynecology at Mt. Sinai Medical Center, Cleveland, where she received advanced training in urogynecology, a medical subspecialty dedicated to the treatment of women with pelvic-floor disorders.

Prior to joining Fidalgo Medical Associates in 2001, Dr. Garde was affiliated with Keystone Health Center, Chambersburg, PA. She is certified by the American Board of Obstetrics & Gynecology and is a member of the American College of Obstetrics & Gynecology.

Dr. Garde lives in Anacortes with her three children.

Nicole Coleman

Born and raised in Skagit Valley, Anacortes High School graduate Nicole Coleman brings 11 years healthcare experience serving at Virginia Mason Medical Center (VMMC), Seattle.

Following high school graduation, Coleman's



desire for new experiences took her to New York and then to California, where she worked as a barista at Starbucks but quickly moved into Starbucks' management-training program in Seattle.

Offered the opportunity to work for VMMC, Coleman began her healthcare career in the section of urology before moving to information systems and later to the design and construction team, where she managed a variety of projects.

Coleman and her husband Chad returned to Anacortes in February of 2015 with their two young children to be closer to family. "When the right job opportunity was presented to me, we made the move back to Anacortes," Coleman said. She now manages the PDA Marketing Group, a local company that provides marketing services for dentists nationwide.

"I am excited to be a member of the IHF Board of Directors, where I can contribute in support of Island Hospital," said Coleman. "Community involvement is important to me, and our hospital's well-being is important to all of us."



Hospital CEO Vince Oliver (left) and Commissioner Jan Iversen (right) thank Raymond and Edith Wicks for their support of the Island Hospital Foundation at the recent Donor Appreciation Event.

Large showing for IHF Donor Appreciation Event

Nearly 100 donors attended the Nov. 4 Island Hospital Foundation's *Because of You* Donor Appreciation Event at the Swinomish Lodge.

Posters throughout the room showed those in attendance the vital impact that their contributions have made over the past year for hospital services and community wellness. Foundation Board President Mark Backman MD and Director Jeannette Papadakis recognized the 2014-15 Guardian Angels in attendance. Guardian Angels are staff and caregivers at Island Hospital who have been honored with a donation to the IHF in their respective names.

IH CEO Vince Oliver presented on the progress and impact Island Hospital is able to make because of generous community support and contributions to the Island Hospital Foundation. These funds make possible programs such as the Anacortes Schools Mental Health Intervention Program, which won a Washington State Community

Health Leadership Award by the Washington State Hospital Association; two distinct medical-relief funds that support patients in need; and free and low-cost health screenings. Oliver shared strategic plans to expand services, access and technology while continuing to provide top quality local care.

Sleep Wellness Center Medical Director Robert Reyna MD gave an engaging and entertaining presentation on Sleep and Aging. He covered topics such as normal sleep and how it changes as we age, insomnia and aging, and sleep-disordered breathing. He also answered questions from those in attendance. Dr. Reyna's light-hearted, informative and charismatic delivery was a hit with attendees.

In closing remarks, Papadakis discussed the current status of the Foundation, announced upcoming projects and graciously thanked the crowd: "This evening and all of the work the Foundation is able to do for Island Hospital is made possible because of you."

Remembering

Sept. 1 through Dec. 31, 2015

IN MEMORY OF:

Kody Anderson	David Kaiser
Claudette D. Benz	Mike McQuary
Jack Bollerud	Mary Milat
Edwin Zane Brown	Prudy Mondhan
John Carabba	Caroly D. Moore
Kellie Carrion	Bill Noble
Jane Cooke	Dr. H. G. Osborne
Allea Wayne Derting	Judy Odegaard
Dale Dow	Muriel K. Park
Robert Edgett	Geo O. Pease
Keith Eide	Ida Persons
Donald Ellis	Kelly Carson Peterson
Peter Fleming	Dr. Raymond Pinson
Maja Forsman	O. Newell Sheffer
Warren Woody Fry	Richard Smith
John Gronholt	Susan A. Singer
Dennis Heggem	Danny Strom
Col. T. R. Holmes	Wilma Sullivan
Randy Jacobson	Herman "Larry" Trulson Jr.
William S. Jacobson, Jr.	Mary Underwood
Bob Lane	Melissa "Missy" Vaughn
Lyn Leach	Claudette Windecker
Thomas & Cora Lewis	Ian R. Wright
Calvin C. Lloyd	

IN HONOR OF:

Dr. Armen Bogosian	Calvin C. Lloyd
Ava Grace Borntreger	Dr. H. G. Osborne
Barbee Cromack	Margaret Yeoman

GUARDIAN ANGELS:

Deniece Ballenger	Dr. Rob & Erin Rieger
Teri Blanton, RN	Staff at the Health Resource Center
Vicki Fishfader, PA	

To remember or honor someone with a donation, please make check payable to "Island Hospital Foundation" and mail to: 1211 24th Street, Anacortes, WA 98221

For information call (360) 299-4201

Stevens continued from Page 5

Tau International Honor Society of Nursing, Mu Gamma Chapter. 1996 brought her a BSU Top Ten Scholar nomination along with being named as winner of the Phi Kappa Phi Writing Contest, Senior Category.

Stevens' prior experience includes staff nurse/charge nurse at St. Luke's, where she worked in acute care involving medical/surgical, orthopedic and neurosurgical/neurological care; flight nurse for Access Air Ambulance Service, Elko, NV; staff nurse/charge nurse in both Emergency and Intensive Care at Timpanogos Regional Hospital, Oren, UT; Director, Emergency Services at Mountain View Hospital, Payson, UT; and Manager, Emergency Services at both Providence Willamette Falls Hospital, Oregon City, OR, and Legacy Mount Hood Medical Center, Gresham, OR. She was also formerly Director of Emergency, Intensive Care and Trauma Service as well as Clinical Nurse Educator at Whidbey General Hospital, Oak Harbor, WA.

Often working concurrently with her full-time positions, Stevens has provided instruction as a nurse educator to Brigham Young University; the Advanced Healthcare Education Center, Houston, TX; Providence Medical Group/Providence Regional Health Services, Everett area; and Whidbey General Hospital.

Of her experience at IH, Kristen says, "I am so impressed with the quality of care, accountability and friendliness of everyone I have met. To be in service to those who so wholeheartedly serve is truly gratifying."

McKenna continued from Page 6

"I jumped at the opportunity to work at Island Hospital," McKenna said, "because it has a great reputation in the community and allows me to work here in Anacortes and give back to the community. This job is a great fit for me because it allows me to utilize skills I have built over my naval career while presenting me with new and interesting challenges every day."

McKenna is former Commanding Officer, Electronic Attack Squadron 141; Commanding Officer, Electronic Attack Squadron 129; Executive Officer, USS Ronald



Gingerbread doctor art wins holiday-card contest

Island View Elementary School 5th grader Madeleine Tuttle's art was selected as Island Hospital's holiday card for 2015. Her winning artwork earned an ice cream party for teacher Andy Fountain's entire class, served by Island Chief Executive Officer Vince Oliver (right) and Executive Assistant Kim Graf. Madeleine's sister Isabella won this contest in 2012 when she was a student of Fountain's.

OLIVER continued from Page 6

Island Hospital was ranked in the top ten Washington hospitals for surgery by Consumer Reports and also received Best Performance for Sustained Excellent from the Collaborative Alliance for Nursing Outcomes, the Washington State Hospital Association's Community Health Leadership Award, the Healthstrong Top Performing Hospital Award, the NerdWallet Best Washington Hospitals Award and the HomeCare Elite award.

Shirley Ann Munroe was an advocate for small and rural hospitals and was instrumental in the creation of the AHA's Section for Small or Rural Hospitals, a forum working to support small and rural hospitals.

The American Hospital Association (AHA) is a not-for-profit association of healthcare-provider organizations and individuals that are committed to the health improvement of their communities. Founded in 1898, the AHA comprises nearly 5,000 hospitals, healthcare systems, networks, and other providers of care, and 43,000 individuals. For information, visit the AHA website at www.aha.org.

Reagan (CVN 76); and Commanding Officer, USS Anchorage (LPD 23) – the most highly decorated amphibious docking ship in the Navy. He received the Safety Excellence Award at all four of his commands as well as excellence awards for operation, engineering maintenance and supply. He also trained at the Naval Nuclear Power School, Charleston, SC – one of only six senior naval officers selected for this program per year.

Awarded the Meritorious Service Medal, Joint Meritorious Service Medal and Strike Flight Air Medal, as well as the Individual Air

Medal and Navy Commendation Medal (each with Combat V), McKenna holds a current TS/SCI clearance.

The McKennas moved to Anacortes in 1995, and "since my daughters have spent the majority of their lives here," McKenna said, "it was an easy decision to make Anacortes our permanent home once we retired. My daughters go to school across the street, and I work only five minutes from home. After years of deploying and moving, the ability to work here and be a part of the community every day is a great feeling."



The Island Hospital Human Resources Department includes (from left) Melissa Reed, Megan Hill, Director Carolyn Pape, Lisa Singleton and Sherry Kiser. Not shown is Whitney Tracy.

Support Department Spotlight

HR up to task of supporting hundreds of IH, clinic employees

The Human Resources (HR) Department provides a broad range of services and support to the staff and management team at Island Hospital. Administering HR programs and policies in a healthcare setting, particularly that of a public employer, requires a specialized body of knowledge and the HR team provides guidance and resources in all key program areas.

“Our primary purpose is supporting the exceptional employees of Island Hospital in their daily work of serving our patients,” said Director of Human Resources Carolyn Pape. “In addition, HR is committed to attracting, developing and retaining the highest qualified workforce.”

The main areas of focus for HR are:

- Recruiting and orientation
- Benefits administration
- Training and development
- Compensation administration

- Employee and labor relations
- Organizational development
- Leave management
- Employee recognition
- Risk management

Along with Pape, the department includes Coordinators Megan Hill, Melissa Reed, Lisa Singleton and Whitney Tracy; and Assistant Sherry Kiser. Over the past year the staff has worked diligently to review and revise in standard format all job descriptions in the organization, enhance the hospital licensing and certification process, improve manager training and development, and create an effective recruiting and retention program.

The success of changes in Island Hospital’s recruiting process is proven by the decrease in time it has taken to fill open positions from 75 days through August 2015, to just 34 days by November.

Among several major HR goals for 2016 is

a full-day training program for new employees on the IH Promise values. Pape explains, “We want to share our passion for the Promise and ensure that newly hired employees are committed to these expectations.”

Carolyn Pape brings wealth of HR experience to Island

HR Director Carolyn Pape SPHR holds nearly 30 years HR experience, with an emphasis in employee and labor relations, training and development and workforce planning. After earning her Bachelor’s degree in political science from the University of California, San Diego, Pape began her HR career initially in the private sector working in organizations specializing in high-technology and finance.

Pape moved to Whidbey Island in 1998, where she worked at Whidbey General Hospital (WGH) for 14 years; first, as its healthcare recruiter, then Director of Human Resources, and lastly as its Chief Human Resources Officer. She then transitioned to a consulting role and worked for the Snohomish Health District, Everett, as interim Human Resources Manager. She served as interim Human Resources Manager for Skagit Public Utility District, Mount Vernon, before joining Island Hospital in January of 2015.

Pape felt an immediate connection to the values of the staff and leadership at the hospital, who live their commitment to the IH Promise in their service to the Anacortes community. A Senior Professional in Human Resources (SPHR) certified, Pape is also a graduate of the Professional Mediation Course/Washington Dispute Resolution Center and routinely elevates and updates her HR knowledge through professional seminars and coursework.



Carolyn Pape (left) and Melissa Reed look over file.

Island Hospital
Foundation
1211 24th Street
Anacortes, WA 98221

Non-Profit Org.
US Postage Paid
Permit No. 106
BLAINE, WA

ECRWSS Resident

