



Gala of Hope p20

3D mammography at Island
- 1st in Skagit County!

Cardiopulmonary Care
- improving lives



ISLAND HOSPITAL

Heartbeats

Magazine

Winter
2018

Commissioner Message

Expanding, enhancing Island's services for women

by Jan Iversen

Island Hospital Board of Commissioners



Well, 2018 is here and we have a lot happening as Island Hospital is updating facilities and services to best meet our community's medical needs. I'm really excited about the expansion and upgrading of our services dedicated primarily to women.

This year, Island will:

- Initiate three-dimensional (3D) mammography, a first for our county.
- Expand women's services in our Physical, Occupational & Speech Therapy Center.
- Continue to enhance our Birth Center support services

Along with these great additions, headache-pain specialist Michael Jones PA-C brought his exceptional practice – highly utilized by women 20–45 years old – to the Center for Pain Management at Island Hospital last fall. In 2016, the IH Diagnostic Imaging Department added a third ultrasound unit, made possible with a generous donation by the Janice and Jerrel Barto Family Charitable Trust.

We are very excited to offer the first 3D mammography unit in Skagit County that will provide better, earlier breast-cancer detection compared with two-dimensional. The Genius 3D Mammography System by Hologic will be of great benefit for many other reasons as well. See the complete article on page 5 of this issue.

Our Physical, Occupational & Speech Therapy (POST) center has added staff to focus on important women's medical issues, including pelvic pain, pregnancy pain and bladder neurologic re-education. The Center has increased staff availability to meet our growing demand for these exceptional services by compassionate therapists who are very experienced in women's health concerns.

While our Thomas P. Brooks MD Birth Center is considering expanding support services – and enhancing those we already offer – many are still in the planning stage. The Birth Center recently added wireless fetal monitors that are much more comfortable than hard-wired versions. These also provide better information and improve the nurses' ability to monitor the health of the fetus. Under consideration for the Birth Center is the addition of pain-relief alternatives to epidurals. We'll be sure to get this information out to the community as soon as these are available.

Headache specialist Mike Jones MPAS-C was featured in the fall 2017 Heartbeats Magazine. His practice has grown rapidly and we are very fortunate to have him here at Island Hospital. Mike Jones is on the cutting edge of headache-pain research and treatments. He works with each patient to develop a personal plan to stop headache pain and utilizes medication only if other methods are not effective. For detailed information on how he helps headache sufferers, read his column on page 5 of this issue.

I am very pleased with the addition of services provided at Island Hospital and how we are meeting the needs of women in our community; I hope you are too. On behalf of the elected Board of Commissioners, I encourage your comments and ideas. Please contact us at (360) 299-1327 or commissioners@islandhospital.org. We want to hear from you.

Message your provider conveniently via patient portal

What is the best way to communicate with your provider: message via the patient portal or phone call?

Providers overwhelmingly encourage patients to use their myIslandHealth patient portal for communication on non-urgent medical questions. Messaging on the portal can reduce miscommunication and delays that sometimes occur with phone communication.

Patients are heeding their providers' advice by putting down their phones and picking up their tablets. Many patients are accustomed to using electronic communication and prefer it over using the phone so messaging their provider is second nature. It gives them the freedom to send messages to their provider at a time that is convenient for them (messages can be sent 24/7) and there is no waiting on-hold or for a call back.

Questions you can ask over the portal include:

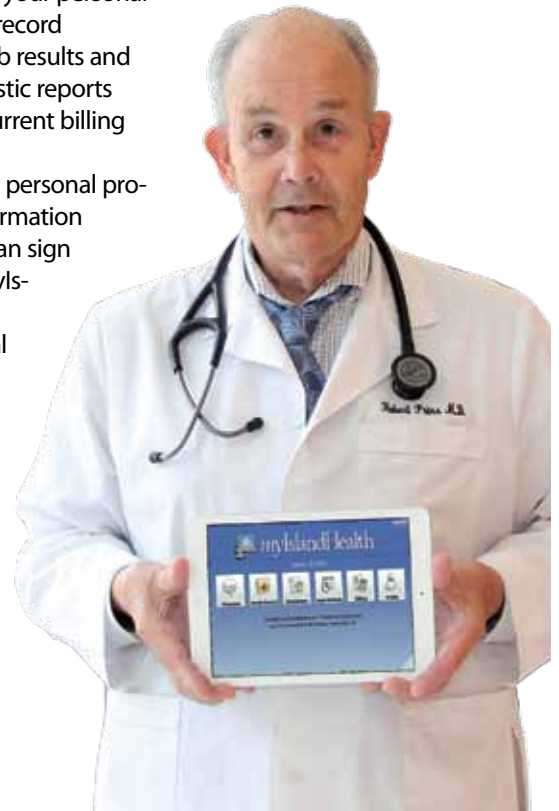
- Visit follow-up questions
- Questions about your lab results or diagnostic tests
- Questions or advice about new or current medications
- Non-urgent medical questions

For patients and providers, messaging on the portal provides a fluid line of communication that saves time.

In addition to being able to message your provider, with the myIslandHealth patient portal you'll be able to:

- View and request appointments
- Request prescription refills
- Review your personal health record
- View lab results and diagnostic reports
- View current billing activity
- Update personal profile information

Patients can sign up for the myIslandHealth patient portal online at www.island-hospital.org or at their next visit to the hospital or clinic.





As I See It...

By Vince Oliver, IH Chief Executive Officer

When I arrived here in the spring of 2000, I discovered that Island Hospital was

indeed a very special facility and organization. One would not expect to have – especially considering the small size and rural surroundings – such a wide range of services and such compassionate, high-quality care. However, once you live here you realize that this is an exceptional community of involved and caring people who work tirelessly to improve our quality of life.

At this time, we at Island Hospital are working in the most cost-effective and efficient manner to upgrade and maintain our older facilities. The August 2017 ballot measure increasing our maintenance and operations (M&O) levy will provide an additional \$1.7 million (for a total of \$2.7 million) to take on these projects, along with 2017 net revenue and contributions from the Island Hospital Foundation.

Our major projects this year are:

- Surgery ventilation – This new system offers redundant fans, humidity control and energy savings for each operating room and less risk of the system going completely down.
- Hot-water boilers – These new boilers are dramatically more efficient than the old boilers in providing hot water for heating the hospital. We

also installed two boilers to replace the previous three, saving maintenance and installation costs.

- LED fixtures – We are now 80% transitioned to LED lighting that saves a significant amount on utilities, maintenance and parts.
- Fidalgo Medical Associates (FMA) Obstetrics & Gynecology services – FMA has been a stalwart primary-care clinic in Anacortes for many years and is outgrowing its space. Therefore, we are moving the Ob/Gyn practices to an adjacent clinic area that will give the other providers some additional space as well.
- New MRI (magnetic-resonance imaging) – The new system will be installed later this year. MRI is a key diagnostic tool for orthopedic (spine and knee) and neurologic (stroke evaluation) conditions.
- 3D mammography – We are proud to be the first in Skagit County to offer this service. (See article page 5).

So, a lot is going on as we work to maintain and improve our facilities and purchase the medical technology necessary to continue to be one of Washington State's best hospitals, regardless of size.

I always encourage your comments, concerns and suggestions. Feel free to contact me directly at voliver@islandhospital.org or at (360) 299-1327.

Time to BEAT IT!

BEAT IT is a heart-wellness initiative developed to encourage our community members to do all they can to maintain a healthy heart. Heart wellness was selected as the focus when cardiovascular disease was identified as a top chronic-health concern by Island Hospital's 2016 Community Needs Assessment

(available at www.islandhospital.org).

It is hoped that the BEAT IT program creates more awareness of, and increases the number of residents who utilize wellness programs that help prevent heart disease. Island Hospital encourages our community to accomplish this by attending health screenings, educational activities and working with a primary-care provider to maintain optimal heart wellness. Look for the BEAT IT icon on page 18 to learn what health screenings can help you be more engaged in your heart, and overall health. Remember: Preventative actions lead to healthier lives.



Interested in learning how you can participate in the BEAT IT initiative? Check out our upcoming screening programs:

Cholesterol & Glucose Screening

When: Tues., Jan. 23, 8 – 11 a.m.
Tues., April 10, 8 – 11 a.m.
Where: Health Resource Center
Cost: \$10 (insurance may cover the cost of your screening)

Blood Pressure Checks

When: Every Wednesday, 9 a.m. – Noon
Where: Health Resource Center
Cost: FREE

For more information on screenings or the BEAT IT initiative call the Community Education Department at: 360-299-1309 or visit www.islandhospital.org/Beat-It

Community Health Education students, from Western Washington University, developed the acronym BEAT IT.

- BEAT IT =
- B**alanced Diet
 - E**xercise Regularly
 - A**ttend Screenings
 - T**ake Action

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:

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Heartbeats

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Our Promise

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

New Medicare cards: What you need to know

The risk of identity theft and fraud is on the rise, especially among those 65 and older. With so many things to worry about protecting, one thing that may slip your mind is to protect your health-insurance cards. If you haven't paid close attention, you may have overlooked the fact that your Social Security number acts as your Medicare identification number. This leaves Medicare beneficiaries exposed to the fraudulent use of Social Security numbers and illegal use of Medicare benefits. The Centers for Medicare & Medicaid Services (CMS) are taking steps to protect seniors from fraud by removing Social Security numbers from Medicare cards.

Starting in April, CMS will begin mailing new Medicare cards that will feature a randomly assigned Medicare Beneficiary Identifier (MBI). You will not experience any benefit changes with the new MBI and you do not have to do anything to receive your new card. It will automatically be sent to the mailing address Medicare has on file for you. If you have recently moved, please make sure Medicare has your current address on file by informing the Social Security Administration of your address change. Please note that 58

million Medicare beneficiaries require new cards, so this transition will not be complete until April 2019.

Your healthcare providers are already aware of this change and they have been working hard to make sure this is a seamless transition for you. Simply bring your new Medicare card to your medical appointments so staff members can begin billing using your new MBI number. The only task for you is to be aware of scams related to this change. Please be aware that you will not receive phone calls from Medicare asking you to verify your personal information or asking for checking and savings account information. In fact, Medicare will not call you for anything related to this matter. If you receive a suspicious call, please hang up immediately and be sure not give any personal information out over the telephone.

If you have questions about this change with Medicare, please contact the Island Hospital SHIBA (Statewide Health Insurance Benefits Advisors) team at (360) 299-4212, or contact the state SHIBA helpline at (800) 562-6900.

March for Meals – 2018 Bowling Bash

Meals on Wheels in Skagit County provides seniors with a daily hot meal, and last year more than 3,150 Skagit seniors received 145,000 meals – with 85,000 delivered to their homes – through the program. Meals on Wheels depends on financial support from the community to continue this vital service.

Interested in donating? Join the annual March for Meals campaign to help raise funds and awareness of the need in Skagit County.

Join the Bowling Bash – March 24

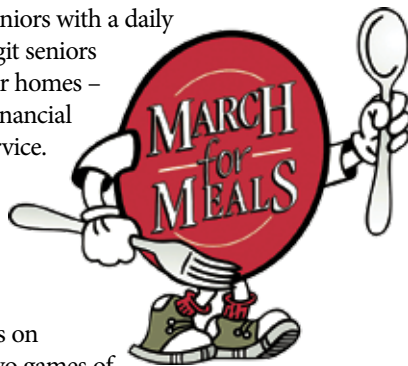
- Have fun while helping to raise money for Meals on Wheels by sponsoring a team of four to enjoy two games of bowling, food, refreshments and prizes! The team entry fee is \$250. Don't have a team? No problem. If you pay \$250 to sponsor a team, bowlers will be assigned to you.

Make a donation to March for Meals

- Local businesses, organizations and individuals can make donations and be recognized at the Anacortes Senior Activity Center at the following levels: Platinum - \$1,000, Gold - \$500, Silver - \$250, Bronze - \$100.
- Donations of any amount are welcomed. In 2016, donations of under \$100 were made by 190 donors, contributing over \$5,500 to Meals on Wheels! Every dollar makes a difference in providing meals for local seniors.

Please make checks payable to Meals on Wheels and mail or drop off at the Anacortes Senior Activity Center, 1701 22nd St., Anacortes, WA 98221.

Visit www.bowlingbash.org or call Sally Hill at the Anacortes Senior Activity Center at (360) 293-7473 for more information.



FREE taxi service for San Juan County patients

Patients who live in San Juan County can receive free round-trip taxi service when obtaining medical services from Island Hospital or a hospital-operated clinic.

Eligible Hospital Services

- Birth Center
- Cancer Care Center
- Cardiopulmonary Rehabilitation
- Diagnostic Imaging
- Emergency Services
- Laboratory Services
- Physical, Occupational & Speech Therapy
- Psychiatry & Behavioral Health
- Respiratory Therapy
- Surgery Center
- Wound Care & Hyperbaric Medicine

Eligible Clinics & Off-Campus Services

- Anacortes Family Medicine
- Fidalgo Medical Associates
- Headache Clinic
- Island Surgeons
- Island Hospital Sleep Wellness Center
- Skagit Regional Clinics – Cardiology
- Skagit Regional Clinics – Urology
- The Walk-In Clinic at Island Hospital

How to reserve free taxi service

Those who wish to use this service need only call Mert's Taxi, (360) 708-6358, the day prior to your appointment and arrange to be met upon arrival at the ferry terminal.

Questions? Call (360) 299-1310.

1st in Skagit County!

3D mammography now offered at Island

The Diagnostic Imaging (DI) Department at Island Hospital is now offering 3D mammography, a first for Skagit County. This new unit produces a three-dimensional view of the breast tissue that helps detect breast cancer in its earliest stages, when it is easier to treat and more curable.

While performed the same way as traditional mammography, 3D mammograms are beneficial for women with dense breast tissue as it provides a clearer image for radiologists. In addition, the new unit lessens the risk of a false positive, so there will be far fewer callbacks for a second mammogram.

“We selected the Hologic Genius™ 3D Mammography unit for its ranking and reputation in the industry. The unit also has significant upgrade capabilities,” said DI Director Ray Ould CNMT. “We have several add-ons already selected once they are available.”

The Genius 3D™ exam

- is the only mammogram that is Food and Drug Administration-approved as superior for women with dense breasts compared to 2D mammography alone.
- finds 20-65% more invasive breast cancers than 2D.
- reduces callbacks by up to 40%.

“We are very proud to be the first hospital in the county with 3D mammography,” said Island Hospital CEO Vince Oliver. “This is made possible with the recent passage of the property-tax levy as well as Ray Ould’s outstanding efforts to bring this service here in a most cost-efficient manner.”



One of every eight women will develop breast cancer. If caught early, the five-year survival rate is almost 100%. There are various guidelines suggesting when women should start screening and how often they should screen, but all medical groups agree that screening saves lives. Although the risk for breast cancer increases with age, younger women are at risk: One in six breast cancers occur in women age 40-49. Although any level of screening is better than none, it is estimated that screening every other year will miss up to 30% of cancers relative to annual screening. The American College of Radiology recommends an annual screening mammogram beginning at age 40, and these are the guidelines nearly all insurance companies follow. The majority of insurance plans will cover screening mammography due to its exceptional preventative health value.

To schedule your mammogram call the Island Hospital Diagnostic Imaging scheduling line at (360) 299-4288.

Best treatments for the most common symptom

by J. Michael Jones MPAS-C



Headache has been called the most common symptom. A study, which appeared in *Lancet Neurology* (Vol 7, Issue 4, April 2008), reported that, worldwide, 47% of people have headaches of some type. Around 15% of people suffer from the most common severe type of headache, migraine. About 3-4% of people have headaches on more days than not. More women have migraine than men because of the added neurological stress of the cycling of estrogens. It therefore affects women during the most productive years of their lives. Headache disorders in general, cause more disability than all other neurological diseases because they are so common, ranking 7th on the World Health Organization’s list of reasons for disability.

The symptom of headache is a normal and healthy part of our natural defense system. It is often part of the constellation of symptoms that

accompany many illnesses. In those cases, headache serves as an alarm system, warning us that something is wrong or to intentionally disable us so that we rest while we recover from that illness. When headaches reoccur, it is usually not warning of something else wrong but because the headache alarm system, itself, is broken. We call these primary headaches.

Primary headaches, such as migraine, are the most common disabling headache condition. A genetic mutation within the headache alarm system is usually responsible for most migraine disorders. Five migraine genes have been found so far. Other factors, including head or neck injuries, can start headaches, or make them worse.

Our goal of headache treatment is to reduce the frequency by 80% and to find ways to stop the headaches that do start. There are four paths to getting headaches under control:

- The first step is making sure there is not an underlying cause. A good headache clinician can quickly rule out these other causes. Once an underlying cause has been ruled out, the

patient is best served by focusing on getting better rather than to continue the endless pursuit for the “cause.” When a car alarm goes off, the first thing you do is to look for a burglar. But when it continuously goes off, and no burglars are found, then you must focus on fixing the alarm.

- The second approach is trying physical measures. These include everything from massage and acupuncture, to nerve blocks and Botox. Some of the newer physical measures include wearable or implantable electrical nerve stimulators and devices that send a magnetic pulse into the brain to stop a migraine (TMS).
- The third category of treatment is dietary. We wish that a particular diet would mitigate headaches, but the evidence from research is, unfortu-

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Menopausal hormone-replacement therapy

by **Robert Prins MD, Ob/Gyn**
Island Hospital Chief Medical Officer



It has long been observed that there is a distinct difference in the occurrence of heart disease between men and women. Women appear to have heart attack symptoms 10 years on average

later than men. Documented heart attacks occur on average 20 years later. These differences disappear if a woman has her ovaries removed before the menopause and is presumptive evidence that female hormones are responsible. Studies in non-human primates have repeatedly shown the protective benefits of female hormones in the prevention of coronary-artery disease. Experiments on isolated blood vessels have repeatedly demonstrated that female hormones prevent fatty deposits (plaques) and maintain the health of the lining of these blood vessels. Female hormones appear to lower bad cholesterol (LDL) in the blood and raise good cholesterol levels (HDL). Low LDL levels matched with high HDL levels have always been an indicator of a low risk of heart disease. Finally, multiple large observational longitudinal studies (following a single person over time) carried out over the last 50 years have repeatedly demonstrated a 35-50% reduction in heart disease.

So wherein lies the controversy concerning estrogen replacement (hormone-replacement therapy or HRT) in the menopause? In 1993 a study was begun to test the above hypothesis that estrogen therapy in the menopause would reduce the incidence of heart disease. More than 16,000 women were recruited for the study, which was to continue until 2005 but was discontinued early in 2002. This study, a subset of the Women's Health Initiative, was randomized (patients were randomly assigned to HRT or placebo), and double-blind (neither investigators nor the patients knew what medicine they were taking). The results published with great fanfare received widespread media attention. The study concluded that there appeared to be no protective benefit with the use of HRT and was stopped early because of a concern about the number of breast cancer cases in the HRT group.

How do we reconcile these conflicting pieces of information? The problem with the study lies in the failure of its investigators to recognize the difference between prevention

of disease and treatment of disease. Estrogen effectively prevents heart disease. Estrogen treatment of heart disease was a disaster, well-recognized after we attempted to prevent further heart attacks in males by using estrogen therapy. The study was supposed to be comprised of "just post-menopausal" women whose average age would be 45-55. These would be women who had waning estrogen which needed to be replaced. The investigators, however, chose to select a broad spectrum of menopausal women whose average age was 63.5 with the oldest woman admitted to the study being 79. This group of women, on average 15 years post-menopausal, had already developed those plaques in their arteries. The effect of estrogen on them was the same as in the males treated with estrogen for heart attacks.

Since the original article many investigators outside of the study have reworked the data of the smaller cohort of "just post-menopausal" women in the study. They found the expected 35-50% decrease in heart disease so well described in the cohort longitudinal studies of the past. The most recent of these arti-

cles was just published in the Journal of the American Medical Association (JAMA) last September. They concluded that for the entire study group there was not an increased cardiovascular or cancer risk during a cumulative follow up of 18 years.

There were many more problems with this study that biased its conclusions that I have not detailed here. In all, the study was badly conceived, biased and its conclusions not warranted. Estrogen is safe and it is effective in preventing heart disease, reducing the risk of Alzheimer's Disease, reducing the incidence of colon cancer and preventing osteoporosis. Its effects of eliminating hot flashes and insomnia, promoting genital health and improving bowel and bladder function are also well recognized as the beneficial short-term effects of HRT. Using post-menopausal estrogen replacement is a very personal choice, but it is an important choice that needs to be made with valid information.

Island Hospital Chief Medical Officer Robert Prins MD, Ob/Gyn, practices at Fidalgo Medical Associates at Island Hospital.

First baby of 2018 celebrated

Island Hospital had to wait a few extra days to welcome the first baby of 2018. With much anticipation, a healthy baby girl was born Jan. 3 at 6:35 p.m. to proud parents Taylor and Josh Ratzel of Oak Harbor. Braelynn Ratzel weighed in at 7 lbs., 5 ½ oz. and measured 20 inches. Welcome to the world Braelynn!



Skagit Northwest Orthopedics welcomes Camille Connelly MD



Surgeon Camille Connelly MD recently joined the professional staff of Skagit Northwest Orthopedics (SNO), specializing in foot and ankle orthopedic surgery.

Dr. Connelly earned her MD from the University of Washington (UW) School of Medicine. She was awarded an orthopedic research fellowship at the University of Cincinnati (UC) and completed her residency in Orthopedic Surgery at University Hospital, UC School of Medicine, OH. She comes to SNO following completion of a fellowship in Orthopedic Foot and Ankle Surgery at the

Cleveland Clinic.

Dr. Connelly's peer-reviewed publications have appeared in multiple specialty journals and orthopedic texts. Her research projects have been presented at regional and national specialty conferences.

Raised in Marysville, Dr. Connelly attended and graduated co-valedictorian from Marysville-Pilchuck High School. She went on to be a scholar athlete and four-year letter winner in Track and Cross Country at UW.

Runner and former college athlete, Dr. Connelly understands the physical and mental burdens injury can have on quality of life.

"My goal in orthopedic care," she says, "is to help patients get back on their feet and back to their desired activities – whether that

means gardening, walking the dog or returning to high-level athletics. I approach an orthopedic problem as a two-way street while explaining the issue and treatment options, working to make a treatment plan most appropriate for the individual's situation. I believe it is important, in most cases, to start with nonoperative treatments, but it is important to discuss all options and make an informed treatment plan moving forward.

"Thrilled to be back in the beautiful Pacific Northwest, I am dedicated to providing the highest quality orthopedic care to my community."

Skagit Northwest Orthopedics has offices in Anacortes and Mount Vernon. For appointments call (360) 424-7041.

Merle Cancer Care Center welcomes Diana Bartlett ARNP



Diana Bartlett ARNP recently joined the Merle Cancer Care Center and is seeing patients with hematologic disorders as well as those diagnosed with cancer.

Formerly with Island Internal Medicine, Bartlett holds a broad background in Internal Medicine, Palliative Care and Emergency/Trauma nursing. She received advanced training as a

combat medic with the U.S. Army at Fort Sam Houston Armed Forces Medical Center, San Antonio, TX; an ASN degree from Florida State College, Jacksonville; and a BSN degree from Washington State University, Pullman. Her MSN and Adult-Gerontology Nurse Practitioner degrees were awarded by George Washington University, Washington, DC.

Bartlett's nurse-practitioner experience includes most recently working at Island Hospital as a member of the hospitalist team, concurrently providing care to patients in our local skilled-nursing and assisted-living facilities. As an RN, she served as a Palliative Care Nurse Case Manager at Harborview Medical Center, Seattle, and as a Hospice Registered Nurse Case Manager at Hospice of the Northwest, Mount Vernon, and at Capital Hospice, Falls Church, VA. She also served as an RN in the emergency departments of Island Hospital; Naval Air Station Whidbey Island; and Shand's Hospital, University of Florida, Jacksonville.

A board-certified nurse practitioner in adult gerontology and hospice/palliative care, Bartlett is passionate about serving those in

continued on Page 22

Better Nights = Better Days (at school)



WE CAN HELP! 360.299.8676
FOR INFO OR APPOINTMENT

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

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**



www.islandhospital.org/sleepwellnesscenter

Two nursing supervisors named

Island Hospital has promoted two highly qualified nurses to Nursing Supervisor for their respective departments.



Stacie Hansen RN

Stacie Hansen RN is Nursing Supervisor of IH's 31-bed Acute Care unit and 6-bed Intensive Care Unit (ICU). A charge/staff nurse at IH for 10 years, Hansen now oversees a combined staff of 114 registered nurses and certified nursing assistants.

"I've known that I wanted to be a nurse since I was a young girl," Hansen said, "but what really put my dreams in motion was when I had my first child, who had to spend 10 days in the hospital after she was born."

Hansen then went to nursing school and began working at Island Hospital in November 2007.

"I originally had plans to work in OB (obstetrics/Birth Center)," Hansen said, "but after beginning on the Med/Surg unit, I fell in love with the generally older, acute-care patients that we serve, and I couldn't think of working anywhere else."

"Many on the team I am now leading have worked together for several years. I love my team members, and I always look forward to meeting the diverse needs of our patients in Acute Care/ICU," she said.

"We are a small hospital, but one with an excellent reputation for quality care, new facilities and single-patient rooms," she continued. "I have been told by patients that they have passed by other hospitals in order to receive care at Island."



Rhonda Lowry RN

Rhonda Lowry RN is Nursing Supervisor of Surgical Services.

Lowry began working at Island Hospital in July 2006 as an acute-care nurse. Two years later she transitioned to the Surgical Services Department, where she gained nine years of experience working as a perioperative nurse, a charge nurse and a post-anesthesia nurse. She is skilled in many facets of OR (operating room) nursing and was responsible for ensuring the efficient flow of four operating rooms and the endoscopy suite.

"I am excited to join the Surgical Services leadership team and am committed to provide the best surgical care and experience for our patients at Island Hospital," Lowry stated.

Lowry lives in Anacortes with her husband and two children. "Having a great place like Island Hospital in my own backyard for employment is a blessing," she added.

Meet Kirstie Hunskor, SWC Clinic Supervisor



Last October the Sleep Wellness Center (SWC) named Kirstie Hunskor Clinic Supervisor, a position in which she is responsible for SWC's day-to-day operational leadership.

Hailing from Big Lake, WA, Hunskor attended Skagit Valley College, concurrent with beginning her healthcare career at Skagit Valley Hospital, Mount Vernon, and United General Hospital,

Sedro-Woolley, where she worked as an emergency-room assistant, additionally filling in shifts for Radiology and the Birth Center.

When Hunskor's first born was diagnosed with cancer at age nine months, Hunskor made a career change. She got her real-estate license and succeeded in real-estate sales until the market crashed. She then transitioned into advertising and worked as a multi-media specialist for Yellowbook USA, where she was quickly promoted to Senior Account Executive. A fortuitous sales call led her to becoming the Sales Manager of The Bridge Assisted Living, where she was promoted to Executive Director within three months.

With her then-infant now a cancer-free teenager, Hunskor and her two daughters moved to Anacortes in 2015. She is now happy to call Anacortes her home and enjoys spending time with her significant other Harv and her, now, three daughters.

"I was excited to accept the position of Clinic Supervisor of the Sleep Wellness Center and be able to serve the community I now call home," she says. "It has been so rewarding to see patients' lives change by finally being able to get a good night's sleep. It's like a heavy fog has been lifted from them, taking with it all of the depression and anxiety that was a result from years of frustrating, draining, restless nights. Patients are coming in excited by how productive they now are at work and more focused at home with their families."

The Sleep Wellness Center is located at 1110 22nd St., Anacortes. For appointments call (360) 299-8676.

What's Your Snore Score?

Take this quick self-test and decide if you suffer from sleep apnea.

1. Can you fall asleep quickly?
2. Do you have a large neck?
3. Do you feel tired and groggy when you wake up?
4. Are you a loud, habitual snorer?
5. Are you overweight?
6. Are you sleepy during waking hours much of the time?
7. Have you been told that you choke, gasp or hold your breath during sleep?
8. Do you have a headache when you wake up in the morning?

If you answered "yes" to any of these questions, you should discuss your symptoms with your physician or a sleep specialist.

Marilyn Brown brings passion for wound care to Island



With 25 years' experience in medical sales and a passion for wound and skin care, Marilyn Brown has been named Director of the Wound Care & Hyperbaric Medicine Center (WCHMC) at Island Hospital. In this role she leverages her unique knowledge and experience of key wound-care supplies and technology as well as the latest thinking to solve complex problems

utilizing enhanced collaboration to WCHMC's multidisciplinary team of experts.

Brown received her Associate degree in Business from Everett Community College and has worked with various companies such as KCI, Hill-Rom, Medline, Sound Health Wound Management and MiMedx before joining WCHMC. She comes to WCHMC with a sales and marketing background.

Having extensive experience and knowledge of all sides of the wound-care spectrum – technology, provider and patient – Brown says, "I am thrilled to be part of Island Hospital's Wound Care & Hyperbaric Medicine Center. Here, advanced treatments, such as hyperbaric therapy, are used alongside advanced wound dressing to achieve optimal healing. Dr. David H. Brown (no relation to Marilyn) and the staff of dedicated nurses exercise great compassion while helping patients and healing wounds. I am grateful to be part of such an exemplary team."

Brown makes her home in Snohomish, WA, with her husband of 33 years. She enjoys camping and gardening and spending time with her grandson.

The Wound Care & Hyperbaric Medicine Center is located in the Medical Arts Pavilion, at 1015 25th Street, Anacortes. For consultations or appointments call (360) 899-4600.

Wound care at Island

Using a multidisciplinary approach customized to fit each patient's medical needs along with the most advanced wound-healing techniques, the WCHMC staff treats patients with pressure ulcers, arterial ulcers, venous ulcers, diabetic and non-healing wounds of all types.

Chronic, non-healing wounds may be caused by:

- Diabetes
- Poor circulation
- Traumatic injury
- Radiation therapy and many other medical conditions.

Non-healing wounds can occur when the oxygen level in and around the wound falls below a level at which the body's normal healing process and ability to fight infection becomes impaired. These wounds require specialized wound care, at times including oxygen-therapy treatment.

Hyperbaric Medicine

The WCHMC has two spacious hyperbaric oxygen chambers equipped with the latest computer technology. Patients who may benefit include:

- Those with selected non-healing wounds that have not closed with conventional care
- Cancer patients with tissue damage as a result of radiation therapy
- Those with advanced diabetic foot ulcers
- Those experiencing chronic bone infections.

Psychiatry & Behavioral Health welcomes new social worker



Psychiatry & Behavioral Health at Island Hospital is pleased to welcome Medical Social Worker, Jennifer Kapolchok, to the team. With a diverse background in behavioral

health, Kapolchok will offer direct support services and resources to individuals in need.

Kapolchok graduated Summa Cum Laude from the University of Alaska Anchorage School of Social Work in 2008, obtained her clinic license in 2012 and has been using her licensure to assist vulnerable and underserved populations ever since. Shortly after becoming a clinical social worker, Kapolchok worked for the Department of Veteran Affairs in Anchorage, providing crisis intervention and

case management. In this role, she managed the legally blind and low-vision veterans program as well as provided support groups and treatment plans for veterans.

She has also worked for multiple Joint Base Duty Stations as a Military Family Life Counselor, providing solution-focused counseling services to active-duty military members and their families. Most recently Kapolchok worked for the Department of the Navy at the Fleet and Family Support Center as a Social Advocacy Clinical Counselor where she conducted therapy services to active duty sailors and their families. Part of her role included working as a case manager for the Family Advocacy Program, working with military members affected by domestic violence.

Kapolchok is a great addition to the

Psychiatry & Behavioral Health interdisciplinary team that focuses on providing comprehensive treatment to patients. "I am honored and excited to have the opportunity to contribute to personal and community wellness through working at Island Hospital," states Kapolchok. "I am passionate about promoting and encouraging positive change in the lives of people, and enjoy working collaboratively with others on important life goals."

In her free time, Kapolchok enjoys spending time with her two children, reading, exploring and participating in local activities and seeking out new adventures.

Psychiatry & Behavioral Health is located in the Medical Office Building at 2511 M Avenue, Suite G. Call (360) 299-4297 to make an appointment.

Award-winning ham radio club serves Island Hospital



Radio volunteers Jay Ham MD and Richard Rodriguez run a check of the ham radio equipment in a designated room at Island Hospital. Dr. Ham was formerly an anesthesiologist at the hospital and Rodriguez is president of the Skagit County ham-radio club.

Island Hospital has the ability to communicate with other responding agencies when an unforeseen event such as a storm or earthquake takes out communications infrastructure. This is made possible by 20 Island Hospital radio volunteers who are members of the Skagit Amateur Radio Emergency Communications Club (SARECC). The group has nine sites in Anacortes – including the Anacortes Fire and Police departments, water-treatment plant – along with Island Hospital.

SARECC has more than 100 members and was noted for excellence last year when it was awarded the “Special Service Club” designation by the American Radio Relay League Northwest Division.

“This designation signifies our Skagit club as ‘leaders in their amateur radio communities who provide active training classes, publicity programs and actively pursue technical projects and operating activities,’” said SARECC President Peter Witheford. “We have outstanding, committed and active members who make this happen.”

The SARECC seeks new members and those interested should contact Ann Marie Humphries at (360) 293-1087.

Therapy dogs visit IH patients, visitors, staff

Island Hospital therapy dogs visit Acute Care each week and have been



Volunteer Therapy Dog Sheyna brings some cheer to Nursing Services Administrative Assistant Misti Lamay-Pratt CNA. As you can see, Sheyna and other therapy dogs are required to wear the official IH Volunteer identification badge.

received very well by patients, visitors and staff alike. Dog therapy is believed to provide physical and emotional benefits for those who come in contact with these well-trained dogs. The handlers – and dogs – in the program are fully registered and go through orientation as Island Hospital volunteers in order to provide this in-hospital service.

Teams need to be added to the Island Hospital Therapy Dog program. Requirements are a healthy, well-behaved dog of any size or breed; a handler with

proven skills; and the ability for dog and handler to have good patient-contact skills. For any questions or further information contact Jan Hemme at janhemme@me.com.



How ya doin’? – Volunteer Therapy Dog Monroe, with handler/Volunteer Claudia Peters, visits a staff person during a visit to Acute Care.



Volunteer Noriko Fitz-Gerald makes a visit to Acute Care with Volunteer Therapy Dog Lucy.



Another great success – Auxilians staffing the annual Miniature Christmas Tree Sale are (from left) Janice Altomari, Betty-Anne Ely, Joan Simmerman, Julie Anderson, Julie Hildebrandt, Karen Toedte, Jeri Liggitt and Margaret Read.

Auxiliary lauds members, community support

by Betty-Anne Ely
IH Auxiliary President

The Auxiliary again realized a highly successful year in 2017, and I cannot overstate to whom the credit belongs: you, our generous community and the talented group of women with whom I work in the Auxiliary.

Our Vial of Life program offers our island community additional peace of mind in the event of a medical emergency. This is made possible, in large part, by our local Walgreens, who donates the vials, and by our two printers, Anacortes Printing and Westward Designs, who only charge for their costs for our needed printed materials.

Revenue from our Miniature Christmas Tree Sale has continued to grow since three years ago, when Dave Sem from Sebo's donated the trees. We were thrilled by his generosity and remain grateful to the Henerys, who purchased Sebo's and continue Sem's generosity to this day. The Auxiliary takes it from there, using our talent and funds to bring these trees to life.

Mark the date!

Feb. 14: Candygrams. Our decorated chocolate bars are bought by the hospital staff to gift another in the hospital as a gesture of

appreciation. Our thanks to the IH Medical staff and Walgreens for assisting us in the purchase of the candy bars.

March 16: Easter Basket Sale. We put together pretty baskets and fill them with goodies and toys for the kids. Also available are small plants to adorn a desk or a bedside table for those loved seniors in your life.

Ongoing Projects

“Heart” & Sports Pillows: Auxiliary member Miriam Montgomery makes our “heart” pillows for every patient diagnosed with breast cancer. This year she came up with sports pillows, 18” square and made of the fabric of your favorite sports team – college or professional. Perfect!

Lifeline: We fund 12 community members who need this vital medical-alert service but who could otherwise not afford it. We thank the Noon Kiwanis Club, Anacortes Soroptimists and the Lions Club for their financial assistance.

Our membership is growing steadily, now numbering 22. Our common desire is to support our hospital in ways both meaningful and fun. If you are considering membership and want to support your hospital in the company of new friends, I welcome your call at (360) 840-3038.

A sincere thank you goes to all in the community who support our events, and a huge thank you goes to my fellow Auxiliary members who donate their time and personal funds for all the projects mentioned above.

Work and Breastfeeding

by Jody Cousins MD



Of the 90% of women in Washington State who choose to nurse their baby, most plan to continue when they return to work – usually just weeks or

months after their babies are born. Many moms say returning to work is one of the most common reasons for giving up breastfeeding before they want to.

How can you make breastfeeding fit into your plans? Below are a few abbreviated tips from Within Reach, a program of the Breastfeeding Coalition of Washington.

- Know your rights: National law requires all employers of 50 or more people to entitle most mothers to take a reasonable break time to pump breastmilk as many times as needed up until their child's first birthday. This law also requires employers to provide you with a private, non-bathroom space to pump milk. (FLSA 29 U.S.C 207(r)).
- Introduce a bottle to your baby about 2 weeks before you return to work.
- Expressing milk between or after feedings allows you to collect milk to offer in a bottle.
- Try different nipples to see which one your baby prefers.
- Many mothers find it is best to start storing expressed milk at least 2 weeks before returning to work or school. If you are one, store the milk in small amounts, 2-4 oz.
- If you can, return to work or school gradually, helping you and your baby adjust to the new schedule.

For more information visit www.withinreach.org or talk with your lactation specialist.

Dr. Cousins is the Medical Director for the Center for Maternal & Infant Care at Island Hospital and a family-practice physician with Fidalgo Medical Associates. For information or appointments call (360) 293-3101.

CARDIOLPULMONARY CARE CENTER AT ISLAND



Jan Priggee RN, CCRP shares a light moment during a patient's workout.

Have you experienced a heart or lung related medical condition? If so, cardiopulmonary rehab at Island Hospital may be the perfect fit for you.

The Cardiopulmonary Care Center (CCC) has the capacity to see up to 48 patients per day. Four one-hour strength and conditioning sessions are offered three days per week: Monday, Wednesday and Thursday.

The goal of the program is to improve the participants' overall health and quality of life in a safe, supervised setting utilizing an individualized treatment plan.

Both cardiac and pulmonary programs require a physician's referral. A qualifying diagnosis for the cardiac program could be triggered by a cardiac event such as a heart attack; a stent or angioplasty; a cardiovascular surgical event, such as a bypass, valve replacement or heart transplant; or Peripheral Artery Disease.

A qualifying diagnosis for the pulmonary program could include Chronic Obstructive Pulmonary Disease (COPD) – an umbrella term for five different diseases: restrictive lung diseases, such as pulmonary fibrosis, interstitial lung disease or obesity; and even neuromuscular diseases, such as multiple sclerosis.

The CCC at Island Hospital draws participants from a large geographical area that surrounds Anacortes, WA.

The staff of the CCC consists of cardiac nurses Jan Priggee RN, CCRP (certified cardiac rehab professional) and Kim Merrill RN, CEN (certified emergency nurse); Jim Schermele RRT (registered respiratory therapist); and exercise physiologist Courtney Stewart BS, CEP (certified exercise physiologist). The team works together to design individual exercise programs for each participant. The program is overseen by Director Ilima Shaw PT, who is also the Director of Physical, Occupational and Speech Therapy.

It doesn't matter what level of fitness participants are in when they begin the program. "You're never too old or out of shape to start exercising," said Schermele.

Each participant is taken through a number of assessments to determine their exercise tolerance, and an exercise program of strength and endurance is specifically designed. Based on individual lifestyle and the outcome of the assessments, short- and long-term goals are established. Whether you have an acute or chronic disease, cardiopulmonary rehab can help stabilize and slow the progression. This will



Patient Patrick Tyson enjoys working with Jim Schermele RPT during exercise regimen.

help you to lead a more active and productive lifestyle.

Stewart is very skilled at adapting exercises for all the participants with the baseline knowledge that many also have orthopedic conditions/concerns. This creates a positive environment that enables these patients to be successful and improve their overall health.

Vital signs – including blood pressure, heart rate, O2 levels and cardiac rhythm – are monitored throughout the treatment sessions to assure safety. The staff works closely with the referring physician to communicate any changes in the participant's baseline. Referrals are also made to other health care professionals when indicated.

This program began in 2003, and the Center was renovated and enlarged in 2013. There is a wide age range of participants – aged 20s through 90s -- and outcomes reflect that all ages benefit. Client numbers continue to grow with currently about 150 patients enrolled each year.

The cardiopulmonary gym at Island Hospital has a large number of aerobic exercise machines. The focus is not only for aerobic activities, but also strength and high intensity interval training. In addition to exercise, a 30-minute educational session on various health-related topics is offered weekly.

After graduating from the 12-week program, participants are encouraged and can continue to exercise in this supervised setting 2 days a week, Tuesday and Friday, for a nominal fee. More than 80 percent of patients continue with an exercise program, either at the CCC or at local gyms.

Cardiac and pulmonary rehab programs are covered by most insurance plans.

If you've had any heart- or lung-related conditions, ask your physician if a rehabilitation program is right for you. For more information about the Cardiopulmonary Care Center at Island Hospital, call (360)299-4242 or visit www.islandhospital.org.



Courtney Stewart BS, CEP works with patient James Stewart.

Bagpipes, my pipes and Pulmonary Rehab

by Bob Maxson, Pulmonary Rehab Care recipient

I learned to play the bagpipes while in college and enjoyed it immensely. Yet once I went off to grad school, I didn't pick up the



Pulmonary Rehab patient Bob Maxson surprises the cardiopulmonary staff (from left: Jim Schermele RT, Jan Priggee RN, CCRP, and Courtney Stewart BS, CEP in background) on his graduation day from Pulmonary Rehab by playing the bagpipes for them. He played "Amazing Grace" and "Saogan", a Welsh lullaby.

bagpipes again – though they remained on my bucket list.

I retired in 1999 and moved to Lopez Island after 20 years of ministry with the Presbyterian Church followed by 20 years as a counselor with juvenile court. I soon learned that someone on Lopez taught bagpipes, so I eagerly signed up for lessons but had to drop out because my pipes couldn't produce the airflow needed to keep the bagpipes going.

I experienced early fatigue and shortness of breath with most physical activities, and tests resulted in my diagnosis of COPD along with chronic asthma. (Walking had been my primary exercise, but I knew I really needed to do more. As far as my asthma, I was either ignorant of the symptoms or just chose to ignore them out of denial.) My doctor recommended that I take advantage of the pulmonary care offered by Island Hospital. I had the doldrums and didn't want to do anything, but I eventually did as my doctor advised.

Jim [Schermele] and Courtney [Stewart] sat down with me and explained the program I was about to engage in. At the conclusion of their presentation, they asked if I had any questions. I asked, "Will I be able to play the bagpipes?" I think I caught them off base, so to speak. Courtney responded, "We'll do our best."

Within the first two weeks of rehab, I wanted to do things and name projects and tasks I had previously tossed aside as being "unnecessary" when, in fact, they had been simply too much for me to cope with. I was inspired to regain the ability to do those enjoyable things that I had previously dismissed as out of my reach.

I appreciate feeling alive again and credit the Pulmonary Rehab program and team with my newly realized ability to play the bagpipes again.

BIOS

James W. Schermele RRT joined the Cardiopulmonary Care Center at Island Hospital in 2014 and provides pulmonary rehabilitation services to patients. Prior to joining the CCC, Schermele served as a respiratory therapist at the Billings Clinic, Billings, MT; and St. Patrick Providence, Missoula, MT, where he gained experience in intensive care, emergency room and in-patient therapy. He has also worked as a respiratory therapist at United General Hospital, Sedro-Woolley, WA.

Jan Priggee RN, CCRP has been with Island Hospital for 16 years in ICU and Cardiac Rehabilitation and has been an integral part of community diabetic education and a proponent of optimizing diet for cardiac health. She has been a registered nurse for 43 years with 20 years of experience in a CCU/Open Heart Unit in a Chicago area hospital.

Courtney Stewart BS, CEP is an exercise physiologist who has worked at Island Hospital for three years and develops individualized exercise programs for patients enrolled in the CCC, including adaptive exercise programs for patients with orthopedic injuries. She also monitors exercise sessions for the participants after graduation.

Kim Merrill RN, BSN, CEN re-joined the CCC staff in 2016, working part time. She has worked in healthcare for more than 20 years in roles that range from pre-hospital emergency medical services to emergency room RN in level II trauma centers.

Health & Wellness

Classes

All classes at Island Hospital require registration unless specifically stated in the class description. For classes with a fee, prepayment is also required.

Please note that some classes cannot be held without a minimum number of participants and some classes have a registration cap. You will be notified if a class is cancelled. A full refund will be granted if the class is cancelled or if your cancellation is received at least 24 hours prior to the start of class. If you show up to a class without registering, we cannot guarantee space in the class.

THREE EASY OPTIONS FOR REGISTRATION



Visit www.islandhospital.org/classes



Email communityed@islandhospital.org



Call (360) 299-4204

Classes

ADVANCE HEALTHCARE DIRECTIVES

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



Join Hilary Walker, a trained advance care planning facilitator, for a detailed workshop that will guide each participant through completing advance healthcare directives. This class will use the End of Life Washington

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

When: Friday, April 20, 10 a.m. – noon

Where: Anacortes Senior Activity Center

Cost: \$15

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

Instructor: Hilary Walker

BIRTH AND BEYOND

Breastfeeding Matters Class



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

open to pregnant and postpartum women and their babies.

When: Monday, March 26, 5 – 6:30 p.m.

Monday, May 21, 5 – 6:30 p.m.

Where: Fidalgo Room

Cost: \$25/per couple or individual (covered by Apple Health)

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

“Class was informative and enjoyable”

– Breastfeeding Matters class participant

Car & Booster Seat Clinic



Drop in to have your car and booster seats checked by nationally trained car seat technicians from Safe Kids Northwest. They will check your seat for safety, make sure you are using it correctly and show you how to properly install the seat in your car. No appointment required, please just drop in.

When: Thursday, February 8, 3 – 5 p.m.

Thursday, April 12, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 360-299-1309

Grand-parenting Class

NEW!



Are you a grandparent to a young child or an expecting grandparent? If so, this is the class for you.

Whether or not your grandchild is being born at Island Hospital, you can learn what has stayed the same in childbirth, infant care and early development and what has changed over the years. This class describes ways grandparents can offer support and assistance to a new fam-

ily. Class will include a tour of the birth center and time for participant discussion.

When: Thursday, February 22, 6:30 – 8:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$25/per couple or individual

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

“This was a great class - very informative. It was very interesting learning all the new information compared to when I had children.”

– Grand-parenting class participant

Infant Massage Class



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

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

When: Thursday, March 1, 4:30 – 6 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



Six-Week Childbirth Education Classes

This six-week class is designed to prepare parents-to-be for the arrival of their new baby. Participants will learn essential skills and develop confidence as they approach the end of pregnancy, labor, birth and early parenting. Prenatal health, stages of labor, coping techniques, pain relief options, breastfeeding, newborn care and more will be covered. Class is a blend of discussion, DVDs, hands-on practice and guest speakers.

*When: Tuesdays, March 20 – April 24, 6 – 8:30 p.m.
Tuesdays, May 15 – June 19, 6 – 8:30 p.m.*

Where: Fidalgo/Burrows Rooms

Cost: \$95/per couple or individual (covered by Apple Health)

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

Weekend Childbirth Education Classes

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

*When: Sat. & Sun., February 3 & 4, 10 a.m. – 6 p.m.
Sat. & Sun., April 7 & 8, 10 a.m. – 6 p.m.*

Where: Fidalgo/Burrows Rooms

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

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

CANCER CARE

Look Good...Feel Better

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

When: 1st Monday, 1 – 3 p.m.

*Where: Merle Cancer Care Center Conference Room
Cost: FREE*

Contact: 360-588-2082, registration preferred

HEALTH CARE PROFESSIONALS TRAINING

HIV/AIDS Training for Licensure

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

When: Monthly, call for dates

Cost: FREE (residents of Skagit, Island & San Juan Counties) \$30 for non-residents

Registration: 360-299-1309

DIABETES

Diabetes and the Ketogenic Diet



Do you have type 2 diabetes? Learn how to manage your diabetes through the low carbohydrate, ketogenic diet. This course will review basics of the ketogenic diet. Learn how diet affects type 2 diabetes including methods for controlling blood sugar and weight loss. Nondiabetic participants are welcome to attend to learn about the many benefits of the ketogenic diet.

When: Tuesday, February 20, 3 – 4:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Jan Priggee RN, CCRP

DRIVER'S SAFETY

AARP Smart Driver

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

When: Wednesday, March 28, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Madeline Rose

ESSENTIAL OILS



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

Winter Skincare Basics

Winter can be harsh on your skin. Learn how to make healing skin and haircare products using essential oils, jojoba oil, vitamin E oil, rosehip and borage seed oil. You will leave the class with a personal skin or hair blend and will have recipes to make additional blends in the future.

When: Wednesday, February 28, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$35, (includes skincare blend)

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, March 26, 1 – 2:30 p.m.

Monday, April 16, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

*“Great information
clearly provided”*

– Medicare 101 class participant

2. Email communityed@islandhospital.org

3. Call (360) 299-4204

MEDITATION



Instructor: Jan Hodgman MA has more than 40 years of meditation experience.

Meditation for Everyday Living

Meditation has been clinically proven to reduce stress, blood pressure, anxiety and help with restful sleep. This gentle, three-session class includes guided exercises, attending to what's immediately present in our experience and an invitation to being rather than doing.

When: Thursdays, April 26, May 3 & 10, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

PARENTING

Childcare:

Limited free onsite childcare (ages 2-8). Childcare requires advance registration and space is limited. Email Nicole Mortimer, Anacortes School District to reserve childcare: nmortimer@asd103.org

Parenting classes are made possible by a partnership with the Anacortes School District & Island Hospital.

Love & Logic Parenting Class Series

NEW!

The Love and Logic Institute provides practical tools and techniques that help parents achieve respectful, healthy relationships with their children, and helps prepare their kids for the real world. This class is intended for parents with young children, ages 0-8. The four-week course will include a variety of topics: Week #1 Guiding Kids to Own and Solve Their Problems, Week #2 Avoiding Power Struggles, Week #3 Setting Limits Without Waging War, Week #4 Teaching Responsibility.

When: Tuesdays, April 17 – May 8, 6 – 7:30 p.m.
Where: Whitney School, 1200 M Ave., Anacortes
Cost: \$30/per person or \$40/per couple (scholarships available)

Instructor: Elaine Commings, Love & Logic Trainer

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

Before & After Orthopedic Surgery



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

Post-operative exercises and adaptive equipment will be discussed.

When: Tuesday, February 13, 1 – 2:30 p.m.

Tuesday, March 20, 1 – 2:30 p.m.

Tuesday, April 10, 1 – 2:30 p.m.

Tuesday, May 8, 1 – 2:30 p.m.

Where: Fidalgo Room

Cost: FREE

Instructor: Pamela McNamee OT/L



Improving Your Aging Memory

Is your memory not quite what it used to be? Join an Island Hospital speech-language pathologist, to learn strategies and activities to improve your memory and keep your mind sharp.

When: Wednesday, March 21, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

"Instructor was excellent"

– Improving Your Aging Memory class participant

Osteoporosis: Exercise & Nutrition



Learn what types of exercises are most beneficial for your bones and which foods will help keep your bones strong from an Island Hospital physical therapist and registered dietician. Come prepared to try some exercises you will be able to do at home.

When: Wednesday, April 25, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructors: Allison Blackwell PT, DPT & Suzie DuPuis RD

Pelvic & Bladder Health



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

age from a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, February 22, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Reiko Nystrom MPT

SPECIAL EVENTS

6 Steps to Help High Blood Pressure



Join local naturopathic physician, Alethea Fleming for a discussion on what you can do to help your hypertension. Practical tips that you can take home about food, lifestyle and supplements will be covered.

When: Wednesday, May 16, 2 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Alethea Fleming ND

Stop the Bleed



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

When: Tuesday, March 27, 10 a.m. – 12:30 p.m.

Thursday, March 29, 1 – 3:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructors: Lisa Edwards RN & Denise Jones RN, MN

Resources & Support Groups

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

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

Contact: 360-299-4242

Pulmonary Rehabilitation

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

Contact: 360-299-4242

HEALTH INSURANCE

In-Person Assisters (Non-Medicare)

Island Hospital offers free appointments with an In-Person Assister. This program is intended to help individuals (not on Medicare) understand the details regarding enrollment for health insurance through the Washington Healthplanfinder.

Contact: 360-299-4924

SHIBA

Need free help understanding Medicare or health insurance connected to Medicare, Part D prescription coverage, the "extra help" program or more? Island Hospital's SHIBA program has expert volunteers trained by the Office of the Insurance Commissioner available to give free, unbiased information.

Contact: 360-299-4212

MENTAL HEALTH

NAMI (National Alliance on Mental Illness)

NAMI Skagit provides support, education and advocacy for people with mental illness and their families within Skagit County. NAMI Skagit offers support groups and classes.

Contact: Skagit HELPLINE: 800-273-8255

Suicide Prevention Lifeline: 800-273-TALK or 800-SUICIDE

PREGNANCY, CHILDREN AND FAMILIES

Access to Baby and Child Dentistry (ABCD)

Did you know that regular dental care is recommended to start before an infant's first birthday? Families with children up to age six can call Skagit County's ABCD program for help with dental care for their children.

Contact: 360-416-1523

Center for Maternal & Infant Care

Pregnant and have Apple Health? Maternity support services through Island Hospital can help! Services consist of preventative health education to support a healthy pregnancy and baby, and includes a multidisciplinary team consisting of a registered nurse, lactation consultant, nutritionist and social worker. The Center for Maternal & Infant Care helps connect expecting moms to community resources.

Contact: 360-293-3101

Nurse-Family Partnership

First-time moms who are eligible for Apple Health or WIC can enroll in Skagit County's Nurse-Family Partnership (NFP) program. Moms are paired with nurses who meet with them from early pregnancy until their child turns two, providing personalized information and support for a healthier pregnancy and a more confident parenting experience. Services are provided by Skagit County Public Health at no cost to families.

Contact: 360-416-1523

Skagit Healthy Beginnings Phone Line

Child & Family Health staff at Skagit County Public Health provides information and referrals to help families of pregnant women and young children find activities and services that promote health, development and well-being.

Contact: 360-630-8352 (call or text) Monday – Friday

Women, Infants and Children (WIC) Nutrition Program

The WIC program provides healthy foods, nutrition education, breastfeeding support and linkage to health and social services. WIC serves women who are pregnant, breastfeeding or post-partum and infants and children up to age five. WIC is an equal opportunity provider and does not discriminate.

Contact: Anacortes: 360-416-7595, Swinomish Indian Health Clinic: 360-466-3900

SENIORS

Lifeline

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.

Contact: 800-635-6156

Skagit Adult Day Program Lunch & Learn

Local experts share knowledge and insight regarding elder care over a light homemade lunch.

When: 1st Tuesday, 12:30 – 2 p.m.

Where: Anacortes Christ Episcopal Church

Cost: FREE

Contact: Gentry House, 360-293-4466

TEENS

Anacortes Teen Clinic

The Teen Clinic is free of charge for teens (age 18 and under). The clinic is open on Wednesdays from 2 – 5 p.m. and is located at 2601 M Ave., Suite C, Anacortes. Drop-ins are welcome.

Anacortes Teen Clinic Services:

- Family planning
- Contraceptive education and supplies including condoms, birth control pills and emergency contraception
- Pregnancy testing
- Sexually transmitted infection prevention education

Contact: 360-293-6973

WEIGHT MANAGEMENT

Overweight?

Over time, weight seems to just creep onto us, yet it does so at a cost to our health, mobility and agility. Meet with our registered dietitian for an individual dietary session. Insurance may cover cost.

Contact: 360-299-1300, ext. 2567

SUPPORT GROUPS

Alzheimer's Association - Caregivers

2nd Monday, 1 p.m.

Westminster Presbyterian Church,

1300 9th St. Anacortes

Contact: Ann, 360-299-9569

Better Breathers

3rd Tuesday, 1 – 2 p.m.

Burrows Room, Island Hospital

Contact: Jim, 360-299-4242

Grief

Every Wednesday, 3:30 – 5 p.m.

Fidalgo/Burrows Room, Island Hospital

Contact: Doug, 360-202-1699

Kidney

Meets Quarterly

Anacortes Senior Activity Center

1701 22nd St., Anacortes

Contact: 360-293-7473

Resources & Support Groups

NAMI Mental Health

4th Thursday, 7 – 9 p.m.
United Methodist Church of Anacortes
Contact: Virginia, 360-421-7331

Parkinson's

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

Restless Leg Syndrome

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

CANCER SUPPORT GROUPS

Art & Healing for Cancer Patients

Cancer patients are welcome to join art therapist, Margaret Carpenter Arnett BSN, ATR, to reduce stress and improve emotional well-being through art therapy. **No artistic skills required.**
1st & 3rd Wednesdays, 2 – 4 p.m.
Merle Cancer Care Center Conference Room
Contact: Danah, 360-588-2082

Better Together – Supporting Women with All Cancers

Women with a current diagnosis of any cancer are welcome to join a community of support. Weekly

meetings involve sharing, educational segments and guest speakers. You do not need to be a patient at Island Hospital to attend.

Call for dates
Merle Cancer Care Center Conference Room
Contact: Danah, 360-588-2082

Cancer Caregiver

A supportive space for anyone caring for someone, or is affected by someone, living with cancer.
2nd Monday, 3 – 4 p.m.
Merle Cancer Care Center Conference Room
Contact: Danah, 360-588-2082

Rooms and times are subject to change. Please call contact before attending any support group. For more information about these support groups, please call 360-299-1309.


Health Screenings

Sponsored by the Island Hospital Foundation

Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required.
When: Tuesday, February 20, 10:30 a.m. – 12:30 p.m.
Where: Physical, Occupational & Speech Therapy at Island Hospital
Cost: FREE


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

Bone Density Screening

This non-intrusive test provides an estimate of your bone density by scanning your heel. If you already have a diagnosis of osteoporosis confirmed by a more complex imaging test, this is not the screening for you. This screening is accurate for women only. Appointments are required.
When: Tuesday, April 3, 9 – 11 a.m.
Where: Health Resource Center
Cost: \$5

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.
Please do not arrive prior to 7:30 a.m. Call 360-299-1309 for questions.
When: Tuesday, April 10, 8 – 11 a.m.
Where: Health Resource Center
Cost: \$10 (insurance may cover the cost of your screening)

Colon Cancer Screening

Colon cancer is one of the leading causes of death from cancer in the United States, but with early detection it can be treated much easier. This screening will provide you with a take-home stool sample kit that can detect hidden blood, which can be a symptom of growths within the colon. 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. If your insurance doesn't cover the cost of the screening, your cost will be \$10. Call 360-299-1309 for questions.
When: Tuesday, March 6, 9 – 11 a.m.
Where: Anacortes Family Medicine, 2511 M Ave. Suite B
Cost: \$10 (insurance may cover the cost of your screening)

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: Tuesday, February 27, 9:30 a.m. – 4 p.m.
Where: Health Resource Center
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, March 20, 9 – 11 a.m.
Tuesday, May 1, 9 – 11 a.m.
Where: Health Resource Center
Cost: FREE

Pulmonary Function Screening

If you get short of breath while getting dressed, climbing stairs or walking with a friend, or if you have smoked for 10 years or more, this screening can help determine your lung function. You and

your doctor can then decide on a treatment plan to improve the quality of your life. Appointments are required.

When: Tuesday, May 8, 9 a.m. – noon

Where: Health Resource Center

Cost: FREE

Skin Cancer Screening

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

When: Wednesday, May 23, 8 a.m. – noon

Where: Health Resource Center

Cost: FREE

May 2017 Screening Results: 28 people participated, 20 required a follow-up visit with their healthcare provider.

Swallow Screening

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

When: Tuesday, April 17, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE

Vitamin D Screening

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

When: Tuesday, April 24, 9 – 11 a.m.

Where: Health Resource Center

Cost: \$30



Brussels sprouts – nutrition-heavy “baby cabbages”

by *Suzie DuPuis RD*
Island Hospital Dietician

Brussels sprouts are a great winter vegetable that loves the cold weather. According to local farmer, Jen Schuh of Shuh's Farms, Brussels sprouts get sweeter as the weather cools, making November/December perfect months for these cute, local “baby cabbages”.

Roasted Brussels Sprouts (Serves 4)

Ingredients:

- 1½ - 2 c fresh brussels sprouts
- 3 - 4 Tbsp Olive oil
- 2 Tbsp Balsamic vinegar
- 1 tsp honey
- Salt and black pepper to taste
- Crushed Rose pepper

Toss Brussels sprouts in 2-3 Tbsp oil and place on large baking sheet. Roast at 450°F for 20 - 30 minutes until tender and slightly charred. Remove Brussels sprouts from oven and toss with blended olive oil, balsamic vinegar and honey. Place back in oven for 5 - 10 minutes to caramelize. Season with salt, black pepper and crushed Rose pepper, and serve.

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

Please give blood at Island Hospital

Monday, March 19 & Monday, May 14
10 a.m. - 4 p.m.

Fidalgo/Burrows Rooms • Call 360-299-1309 for an appointment.

Because eventually Dad has to let go.



NOW OPEN EVERYDAY!

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8 am - 8 pm

Sunday
9 am - 5 pm

Holidays
9 am - 3 pm



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AT ISLAND HOSPITAL

2511 M Avenue, Suite B, Anacortes

We accept most insurance plans.

www.islandhospital.org/walkinclinic



New York, New York: A Night on the Town is theme for 15th Annual Gala of Hope

You are invited to immerse yourself in the excitement of New York City when the Island Hospital Foundation (IHF) hosts its 15th annual Gala of Hope on April 28.

New York New York: A Night on the Town, chaired by Reid and Ann Meyers, will dazzle you with the spectacular Manhattan Skyline and the sights and sounds of Broadway. On this night, there's no subway ride required to stroll through Central Park for a sampling of Big Apple culinary delights, and then sit with friends to feast on a delectable dinner reminiscent of the historic Delmonico's Restaurant.

Just as Lady Liberty holds her torch high, we'll raise our paddles to support cancer care in our community. This year, we're dedicating the Heartstrings portion of the evening to crucial funding for one of our busiest clinics, the Merle Cancer Care Center. Over and over, we hear from patients and their families that it is a comfort to receive top-quality personal care just minutes from home. Even with large patient volumes, the costs of cancer infusion

drugs are high and a burden for this department. The clinic also needs twelve IV pumps and eleven infusion chairs. Four of the new infusion pumps would be able to run pre-medications concurrently to reduce infusion times for our patients, saving up to 1.5 hours for each treatment. You can literally help provide our patients more precious time for life outside the clinic.

This year's Gala will also sustain ongoing funding for the Mental Health Intervention program that provides counseling, therapy and social-work services for students in Anacortes schools; assistance for patients and families in need by offsetting costs of transportation, prescription co-pays, lodging, as well as other treatment-related expenses through patient-relief grants; and community programs like the Health Resource Center and free preventative health screenings.

Please melt your little (A-)town blues and be a part of it – New York New York! We promise you a fabulous evening as we recreate the city that never sleeps!



**Island Hospital Foundation's
15th Annual Gala of Hope**

*New York New York:
A Night on the Town*

April 28, 2018

at the Swinomish Casino & Lodge

Tickets are \$150 per person and Sponsorships range from \$1,600 - \$10,000. For more information contact the Foundation at (360) 299-4201 or christy.lyman@islandhospital.org, or visit www.myihf.org/events.



Working behind the scenes for the 15th Annual Gala of Hope

She holds a PhD and is a national consultant who works in the field of housing and social services for the homeless. Philanthropy has been her life, and with her recent move to Anacortes, she has also become involved with the homeless and disenfranchised, serving as a board member of the Anacortes Family Center and Chair of the highly successful Anacortes Family Center Capital Campaign.

He is an attorney whose entire career has been given over to employment law. He retired as Senior Vice President of USAA and has been active on several corporate and non-profit boards, and in the golf industry. Though he claims to be retired, he practices employment law in Anacortes and main-

tains an office in San Antonio, from where they hail.

They are Ann and Reid Meyers, co-chairs of this year's Gala of Hope, New York, New York: A Night on the Town. As they had chaired or participated in a good number of galas (a hallmark of the Southern culture), when they heard that the Foundation was in need of a chair for this event, "We can do this," they agreed, and answered the call.

"Our purpose in life is to help people," she said.

"To give back," he added.

"And having come to this area since 1997, we've long known the importance and amazing quality of services Island

continued on Page 21

In remembrance of Norman “Norm” Allan

The Island Hospital Foundation wishes to express our deep sorrow upon the passing of our dear friend and Board member, Norm Allan, who succumbed to cancer on October 12, 2017. He was 75.

Committed to his family and his community, Norm joined the Fidalgo Rotary immediately upon his arrival in Anacortes in 2006, eventually serving as its president. In 2015 he joined the Foundation Board and, bringing his investment banking expertise, he jumped into the treasurer role in early 2016. Norm continued to serve on the Finance Committee in 2017. He was passionate about working to grow the IH Foundation Endowment Fund to provide for our hospital's future needs.

We extend our heartfelt condolences to Norm's wife of 53 years Barbara, his sons David and Gregory and their wives Marcy and Leslie, as well as his countless friends.



Meyers continued from Page 20

Hospital offers this community, now our home," she said.

"We want to help in any way we can to ensure that our hospital continues its history of exceptional care to the community," he added resolutely.

"And then, there are so many extraordinary people we're meeting," she said.

"Members of the Board, committee

chairs, everyday people doing everyday things that never seem to make the news," he mused aloud.

The Meyers seized on this year's theme – New York, New York – "because we want to replicate the fun we had at last year's Gala – only with a new twist. We hope to bring the glitz, glamour and fun that is the Big Apple to Anacortes via the Gala of Hope."

Remembering

The Island Hospital Foundation received gifts to remember and honor those listed here between Sept. 1 and Dec. 31, 2017:

IN MEMORY OF:

Norm Allan	Blair McCallum, RPT
Jack Bollerud	Prudy Mondhan
Edwin Zane Brown	Hadi Mostafavi-Nassab
John Carrabba	Gary L. Nelson
Richard S. Cole	William Paden
Leslie "Les" Cooper	Erik B. Pihl
Donald C. Ellis	Molly Ann Reisner
Don Finsen	Jeanne Robinette
Warren "Woody" Fry	John Sargent
Murray Goddard	O. Newell Sheffer
Nancy Gorbics	Ellen Kathleen Smith
John Hachey	Michael Stark
Dennis J. Heggem	Stew Sterling
Micheal Herbert	Peter Stone
Tom Hudson	June Thomas
Richard "Dick" Iversen	Marge Thomas
Swanhild Johnson	Ivonne Van Lawick
Tony Lauro	Ian Wright

IN HONOR OF:

Austin, the first baby of 2017

GUARDIAN ANGELS:

Dennis Richards	Jacqueline Marucci
Barb LeDuc	Dr. Kathy Garde
Kelsey Jenison	

To remember or honor someone with a donation, please send the person's name and type of remembrance requested along with a check payable to "Island Hospital Foundation." Mail to:

1211 24th Street
Anacortes, WA 98221

Info: (360) 299-4201

Free Blood Pressure Checks

Every Wednesday!

9 a.m. - noon

Island Health Resource Center

Call

360-299-1309

for more information.



TREATMENTS continued from Page 5

nately, showing that our foods play less of a role in headache than we thought in the 1980s or 90s. Most modern headache clinics no longer use food trigger lists or rigid diets, as we did in previous decades. Many food supplements have also been studied and only about five have evidence of being helpful and that help is modest at best. However, we always try dietary supplements first.

- The fourth category of preventative treatment is using medications. However, until this point there have been no migraine-specific medications on the market to prevent headaches. That will all change this year when several exciting new treatments specifically targeting migraine prevention will be available.

The development of these new migraine-specific medications is unique because, until

now, migraines have been treated with drugs that were created for totally different issues – such as high blood pressure, depression and aesthetics (smooth wrinkles). Of the more than 6,000 medications on the market, about 25 to 30 have also been helpful in preventing headaches. These medications can be quite effective and have been proven to be safe with long-term use. It is our goal to use medications, precisely tailored to each individual's type of headache and lifestyle to reduce the headaches the most with no side effects. Often, unlike other bad diseases, headache disorders often resolve over time naturally. I will present these new treatments in detail in the next issue of *Heartbeats Magazine*.

J. Michael Jones MPAS-C provides services at the Headache Clinic in the Medical Office Building, 2511 M Ave., Suite C, Anacortes. For appointment or more info, call (360) 299-4929.

BARTLETT continued from Page 7

her community and finds this an exciting time in the fields of oncology and palliative care. "Folks are living longer," she said, "and many are being cured thanks to astounding medical advances. Additionally, for those faced with terminal illness we now have more to offer in terms of support and symptom management."

Bartlett, her husband and dogs are enjoying trail running, hiking and camping in the beautiful Pacific Northwest.

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

Interpretation services and audio-loop amplifiers are available 24/7 for patients and families.

Please ask your healthcare provider for more information.



INTERPRETATION

Over-the-phone interpretation services are available in more than 170 languages



AMERICAN SIGN LANGUAGE

Video-remote or in-person American Sign Language interpretation available. In-person sign language must be scheduled in advance.



AMPLIFIERS

Audio loop amplifiers provide a clear sound for individuals with hearing loss. Works with headphones or individuals who have T-Coil equipped hearing aids.



Headache pain?

Proven, effective treatments available for

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

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J. Michael Jones
MPAS-C

360.299.4929

www.islandhospital.org



The Pharmacy Department works as a team to provide nearly 300,000 doses of medication annually.

Pharmacy Department – Providing optimal, individualized patient services, support

The Island Hospital Pharmacy Department provides evidence-based, cost-effective and safe drug therapy to attain optimal patient-care outcomes. The Pharmacy staff utilizes modern technology and emphasizes education, training and development of staff.

Working closely with nurses and physicians, pharmacists provide oversight of medication selection and utilization for hospital patients. Department staff advises nurses and physicians to ensure all medications are prescribed appropriately, are administered safely and work effectively.

Island Hospital's Pharmacy Department also provides specialized outpatient infusion services via the satellite pharmacy located in the Merle Cancer Care Center.

Committed to patient safety

IH pharmacists and technicians practice on all patient floors, including the Emergency Department (ED) where staff provides rigorous monitoring of patients' personal medications, proven to improve post-ED care and cut re-admission rates. In addition, pharmacists are at the forefront of medication safety and have instituted new technologies that improve workflow and automate processes to prevent errors in patient care.

The IH Pharmacy Department has insti-

tuted an Antimicrobial Stewardship Program, an innovative and intensive practice-based activity focusing on the pharmacist's role in the area of appropriate use of antimicrobial agents. The program emphasizes a team approach to implement a program that will improve patient care, reduce healthcare expenditures, and potentially reduce rates of resistance and prolong the longevity of the limited number of antimicrobial agents available to treat infections.



After mixing a sterile compound, pharmacy tech Jackie Wall hands medication to tech Joshua Lecha. All medications are checked by a pharmacist before delivery to patient area.

Each year, the Pharmacy Department reviews and optimizes tens of thousands of medication orders that lead to nearly 300,000 medication doses for acutely ill patients.

"Patient safety is priority one," said Kenneth Martin PharmD, Director of Pharmacy. "We have an excellent staff that is detail-minded, experienced and work exceptionally well as a team."

Along with Martin, the Pharmacy Department includes seven pharmacists:

- David Ball PharmD
- Melvin Cook RPh, MS
- Bernadine Feist RPh, BCPS
- Ashleigh Galamison PharmD
- Don Jones PharmD
- Kristin Rogers PharmD
- Travis Vandeway RPh

In addition, the Department has nine pharmacy technicians:

- Christine Adkison CPhT, buyer and lead
- Geneva Blackmer CPhT
- Hilary Foran CPhT
- Jean Houston CPhT
- Joshua Lecha CPhT
- Brianna Sommer CPhT
- Caron Teijen CPhT
- Angel Villalobos CPhT
- Jackie Wall CPhT

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ENJOY FRESH, made-to-order selections!

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- Hormone & antibiotic-free
- Lean proteins, fiber-rich legumes, whole grains



Bacon & Cheese Burger on a Pretzel Bun

Cobb Salad



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1211 24th Street, Anacortes

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Weekdays (excluding holidays)



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