

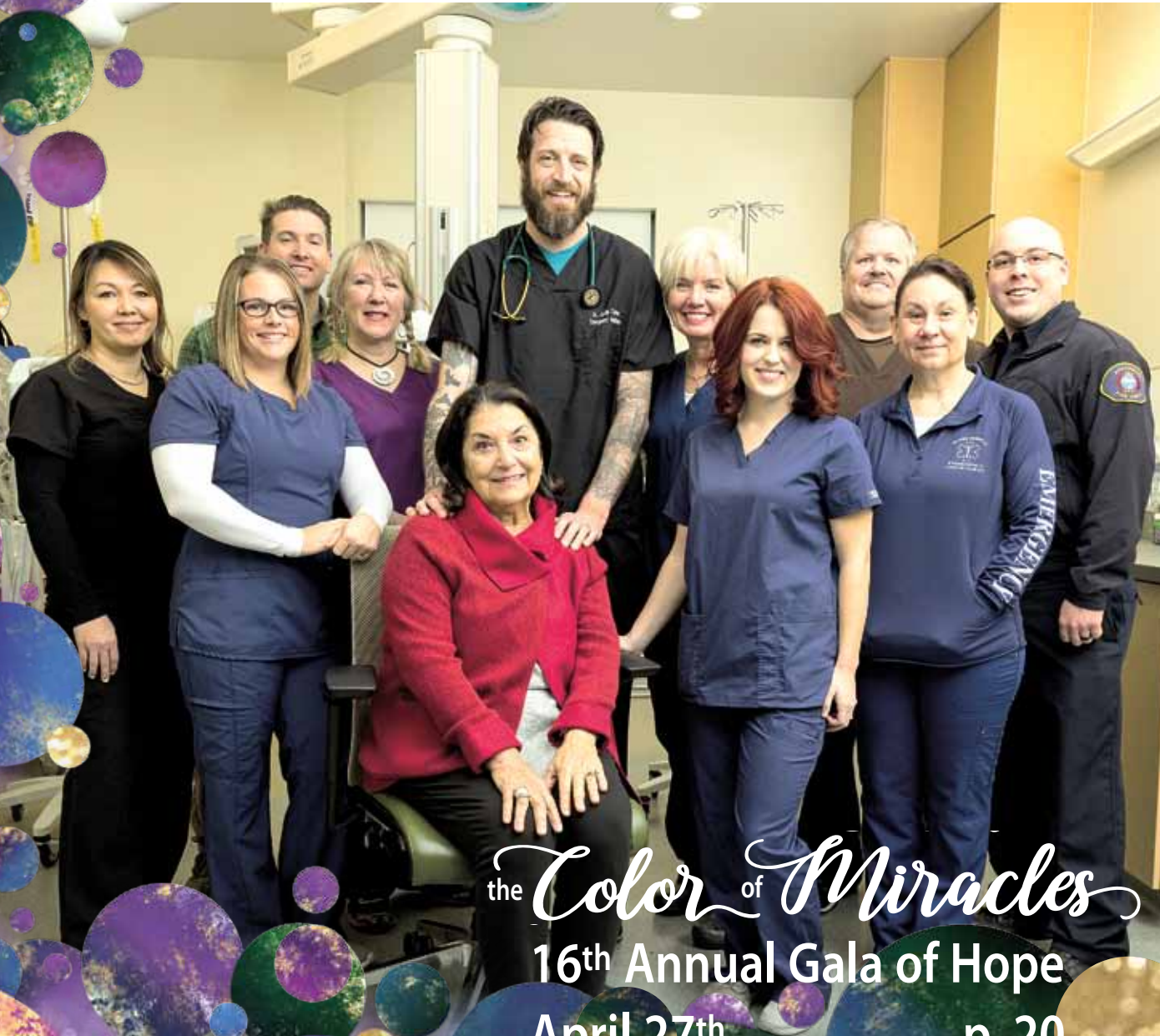


ISLAND HOSPITAL

Winter 2019

Heartbeats

Magazine



the *Color of Miracles*
16th Annual Gala of Hope
April 27th p. 20

Commissioner Message

Operations Plan 2019

By Warren Tessler, President

Island Hospital Board of Commissioners



Each year, Island Hospital Chief Financial Officer Elise Cutter and her staff lead a detailed process, with department managers and directors, to develop the hospital's budget for the coming year. The budget process follows strategic planning and goal-setting by the Board of Commissioners, Medical Staff and

Administration that sets the operational focus of the organization.

Three goals were developed during this process that will lead our operations in 2019:

- Improve the patient experience, both clinically and emotionally. Meet the Island Hospital Promise (see page 3).
- Create more access to care for patients. Remove barriers.
- Increase efficiencies. Reduce the cost structure.

Tactics to improve the patient experience include:

- Purchasing capital equipment to meet added demand.
- Increasing patient comfort wherever possible.
- Adding services that our community needs.
- Improving our facilities for better access, safety and convenience.

Creating more access to care is rather difficult since recruiting physicians and advance-practice professionals (ARNPs and PAs) can be a lengthy process. However, while we work on that important issue, we are looking at increasing hours in several departments to make it more convenient for our patients and their families and have welcomed two ARNPs that recently joined our Family Care Clinics to provide primary care. We expect to fill our open provider positions by August. In addition, we are working on initiatives to upgrade our phone system, streamline provider schedules and increase capacity in Surgical Services, to name a few.

Increasing efficiencies and reducing our cost structure is always in the sights of Island Hospital staff. Last year we began a program to better utilize our Laboratory and are working with InReach Dx to provide services along the I-5 corridor. We are already seeing results in this program and expect to grow our lab business significantly. Among several initiatives is optimizing our primary-care services to improve quality and allow more patient visits per day. (Please see CEO Vince Oliver's column on page 3 for more information.)

We fully expect this year to be a strong year for Island Hospital; with better access to our services, a full contingent of providers and modernized facilities to provide the highest-quality care for the communities we serve.

If you have any questions or comments for me or any other Commissioners, please call (360) 299-1327, or email us by visiting www.islandhospital.org/leadership. We want to hear from you.



Among his many volunteer commitments, Warren Tessler repairs used bikes for sale at the Kiwanis Thrift Shop.

Warren Tessler takes over as Board of Commissioners President

Warren Tessler has been elected to a two-year term as President of the Board of Commissioners for Skagit County Public Hospital District No. 2 (Island Hospital). Tessler brings 27 years healthcare management experience as well as a lengthy record of volunteer and community service.

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

During his career in healthcare, Tessler held a number of executive positions, including Executive Director of Valley Health Network, Youngstown, OH; Director, Provider Network, Harvard Community Health Plan of New England; Chief Operating Officer, Wentworth-Douglass Hospital, Dover, NH; and Director of Emergency Medical Services, Boston Department of Health and Hospitals.

After moving to Anacortes in 2000, Tessler became well-known as owner of La Vie en Rose Bakery (where he was also pastry chef and noted for his extraordinary offerings). He then served as director of marketing and operations for Anacortes' Trust Accounting Center.

"Island Hospital is vital to our community and surrounding area," Tessler said. "We should never take for granted the importance of this facility and organization in the lives of those who live here."

"We have several major challenges to meet this year, most notably the reorganization of our Family Care Clinics and a strategy for the long-term financial stability of the entire organization. We also want to improve all of our processes in order

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COVER PHOTO:

It takes a strong team to support emergency care, as Anacortes resident Paula Paulus experienced when she suffered a stroke during a phone call to a Canadian friend. Read this compelling story on p. 20. In the photo (left to right):

Debra Mosley RT (R)(CT)(VI), Diagnostic Imaging
Katie Barnhart RN, Emergency Department
David Ball PharmD, Pharmacy
Jennifer Young CNA, Emergency Department
Paula Paulus, Patient
Justin Curran DO, Emergency Department
Jeannie Sandahl RN, Emergency Department
Cassie Dengler RN, Emergency Department
David Anderson RRT, Respiratory Therapy
JoAnna Pattison RN, Emergency Department
Jeremy Kane, Anacortes Fire Department



As I See It...

By Vince Oliver, IH Chief Executive Officer

Over the past few years we have experienced ongoing concerns about meeting

demand for our Family Care Clinics. Last year we lost five primary-care providers – three unexpectedly – that tremendously affected the number of patients we could serve and intensifying this challenge. Of course, we continued to recruit physicians, ARNPs and PAs, but more needed to be done.

These departures happened at a time when health insurers require more information and responsibilities from clinic staff that required longer appointments and more data recording and sharing. This, along with the implementation of our new EMR (electronic medical-record system) – that took a significant amount of time for providers to learn – diminished our capacity for appointments.

Therefore, we set out to develop a strategy to address these concerns for the long term. The first was to move our Obstetrics and Gynecology out of Fidalgo Medical Associates (FMA) to an adjacent space. At this time, we are working to develop a long-term strategic vision for the renovation of the FMA space.

At Anacortes Family Medicine, we are nearing completion of The Walk-In Clinic expansion. This allows a dedicated waiting area and exam rooms for our busy walk-in operation at the Medical Office Building on M Avenue. We believe that our facility

expansion and upgrading will result in a more professional, comfortable and pleasing environment for our patients.

The big news is that we are reorganizing our primary-care providers (PCPs), bringing like practices together for efficiency, quality and cost-effectiveness. This will allow us to greatly expand our capacity for adult medicine to meet expected growth as shown in our 2018 Community Health Needs Assessment. We are finalizing these plans now and will let our patients and community know well in advance.

My previous Heartbeats message dealt with the concern of our community members having difficulty finding a primary-care provider, due in part to some of the challenges mentioned here. Several months ago we instituted a better system to handle those requesting physicians and we are achieving better results finding PCPs and receiving positive feedback from patients.

If you need a PCP or specialty physician, please call the Health Resource Center at Island Hospital, (360) 299-1397. Our goal is to return physician-referral calls within one business day and have the patient placed within one week.

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

Our Mission:

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

Island Hospital

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

Correspondence to commissioners can be sent to:

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

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(Secretary)

POSITION 2
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(President)

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POSITION 4
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Heartbeats

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Better Nights = Better Days (at work)

Studies show that more than 50 million Americans experience some level of sleep deprivation.

Work-related risks can be greater in communities such as ours – home to many who operate military and private aircraft; pleasure and working boats; and farm, construction and industrial machinery.

WE CAN HELP!

360.299.8676 FOR INFO OR APPOINTMENT



ISLAND HOSPITAL
**SLEEP WELLNESS
CENTER**

HCA Center of
Excellence/Preferred
Provider



1110 22nd St., Anacortes

Our Promise

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

Maximize time with your provider, early arrival keeps everyone on schedule

Needing to arrive 15 minutes early to your appointment should be a surprise to no one. Appointment reminder calls, texts and scheduling staff all relay this same message: "Please arrive to your clinic visit 15 minutes early."



Those 15 minutes are used to get you checked in by registration and have intake completed by the medical assistant. That way you and your provider have the maximum amount of time discussing your concerns and coordinating healthcare needs during the appointment.

Arriving 15 minutes early keeps all patients scheduled that day on time – including you! Please be considerate of others and arrive early, otherwise your appointment may be rescheduled.

Need a physician? Call the Health Resource Center at Island Hospital at (360) 299-1397.



FREE taxi service for San Juan County patients

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

Eligible Hospital Services

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

Eligible Clinics & Off-Campus Services

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

How to reserve free taxi service

If you 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.

First baby of 2019 celebrated



Island Hospital's first baby of 2019 arrived at 5:23 p.m. on Jan. 1 at the Thomas P. Brooks MD Birth Center. The healthy baby boy, Joshua Vazquez, weighed in at 8 lbs., 3 oz. and measured 20.3 inches. Proud parents Hope and Joshua Vazquez live in Oak Harbor.

AFM welcomes JoAnn Eastman MSN, FNP-BC



Family Nurse Practitioner JoAnn Eastman MSN, FNP-BC, has joined Anacortes Family Medicine and is accepting new patients.

Eastman received her Bachelors in Computer Science from California State Polytechnic University, Pomona, and worked for a total of seven years as Senior Computer Programming Coordinator and later as Lead Software Systems

Engineer for TRW Ballistic Missile Division San Bernardino, CA. Yet with love for helping people and fascination of the human body, she returned to school and earned her Bachelors in Nursing from Loma Linda University, CA. In 2016 Eastman received her Masters in Nursing, Family Nurse Practitioner, from Massachusetts College of Pharmacy and Health Sciences, Boston. She is currently pursuing a Doctor of Nursing Practice degree from Frontier Nursing University, Hyden, KY.

Serving in healthcare since 1995, Eastman has been employed as

charge nurse (as needed); clinical nurse, Emergency Room; and clinical nurse, Endoscopy/Outpatient Surgery at Havasu Regional Medical Center, Lake Havasu City (LHC), AZ. She was aesthetic nurse and business manager before becoming owner, family nurse practitioner, medical and cosmetic dermatology at NuDerm Treatment Center, LHC. She was also (at times, overlapping) primary care provider, family nurse practitioner for Geriatric Population at Lake Hills Inn and Havasu Nursing Center; and was most recently employed by Valley View Primary/Walk-in Care, Fort Mohave, AZ, as family nurse practitioner.

A Sigma Theta Tau honor society member, Eastman continually participates in ongoing healthcare-education opportunities, “yet I most value time with my kids or my dog,” she says, “and I’m looking forward to learning how to sail!”

Anacortes Family Medicine is located in the Island Hospital Medical Office Building at 2511 M Avenue, Suite B, Anacortes. For appointments call (360) 299-4211.

Erin Rieger ARNP joins Island Family Physicians



Island Family Physicians (IFP) is happy to welcome Erin Rieger ARNP to its staff. Providing healthcare services to the Island Hospital community since 2003, Rieger is highly praised as a practitioner who focuses on developing

relationships and collaborating with patients to optimize their health and wellbeing.

Rieger received her Bachelors in Nursing, cum laude, from Seattle University in 1985 and her Masters in Nursing Leadership, summa cum

laude, from Seattle Pacific University (SPU) in 2001. Throughout her academic career she achieved and maintained her standing in the Sigma Theta Tau honor society. Her clinical rotations focused on pediatrics at Skagit Pediatrics, Mount Vernon; and primary care at Burlington Family Practice, Island Family Physicians and Inter-Island Medical Center, Friday Harbor.

Experienced in both inpatient and outpatient care, Rieger’s professional career began in 1985, working as a registered nurse in Greeley, CO, and later as staff nurse for Island Hospital. Since becoming an advanced registered nurse practitioner (ARNP) through SPU, Rieger has served as

such for Island Internal Medicine; San Juan Health Care (locum tenens), Friday Harbor; and Fidalgo Medical Associates.

Says Rieger of her recent move to IFP, “I am excited to get the opportunity to continue my career here in Anacortes at Island Family Physicians in a family practice environment. I am even more excited that my patients from FMA can follow me to the new clinic – which is a true gift for me.”

Island Family Physicians is located at 2511 M Ave., Suite A, Anacortes. For appointments call (360) 293-9813.

We're Hiring!

Become Part of Our Promise!

To apply or view our open positions please visit our website:
www.islandhospital.org/careers

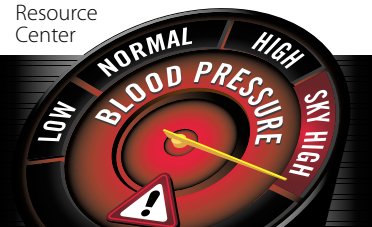


ISLAND HOSPITAL

Free Blood Pressure Checks

Every Wednesday
9 a.m. - noon

Island Health Resource Center



Call 360-299-1309
for more information

Julia Overstreet DPM, FAPWCA joins Wound Care & Hyperbaric Medicine Center



Julie Overstreet DPM, FAPWCA, is now practicing at the Wound Care & Hyperbaric Medicine Center (WCHM) at Island Hospital, joining

Brian Minow MD. Dr. Overstreet brings an exceptional wealth of experience in providing high-quality, evidence-based wound care to Island Hospital.

"We are so fortunate to have a provider with Dr. Overstreet's background," said Marilyn Brown, Program Director for WCHM. "She will help ensure that our patients get the best possible care using the latest, proven techniques."

As Director of the Overstreet Wound Care Center in Bellevue, WA, for 25 years, she led a multidisciplinary team providing wound care, while also serving as weekly wound-care consultant at the Seattle, WA

Veteran's Administration (VA) Medical Center and monthly consultant for Innovative Wound Management Services in Portland, OR.

She is currently the Director and principal presenter for Rainier Medical Education Programs, LLC. For 15 years Dr. Overstreet has provided continuing wound-care education to the Pacific Northwest and Alaska. Clinics have included Group Health, King County Department of Corrections (Medical Department), Seattle VA Hospital and Seattle Pacific University.

She earned her Bachelor's degree in Molecular Biology at the University of Utah, Salt Lake City, UT; her Doctor of Podiatric Medicine (DPM) from California College of Podiatric Medicine, San Francisco, CA; and served her residency at the VA Medical Center, Harborview Medical Center and UW, all in Seattle.

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Kelly L. Reed MD joins Island Internal Medicine

With over 18 year's experience in inpatient and outpatient settings, Kelly L. Reed MD has joined Island Internal Medicine (IIM), where she is now seeing new patients.



In 1988 Dr. Reed received her Bachelor's degree, cum laude, from Rice University, Houston, TX. She earned her Medical Doctorate from the University of Texas Health Science Center, Houston, in 1992 and was inducted into the Alpha Omega Alpha Medical Honor Society. She interned in internal medicine at the University of California/Mount Zion Medical Center (UC/MZMC), San Francisco, followed by completion of a radiation oncology residency at the University of Washington Medical Center, Seattle. After serving as an academic clinical instructor in Radiation Oncology with Brown University at Rhode Island Hospital, Dr. Reed returned to UC/MZMC and, in 2000, completed a second residency in internal medicine.

Dr. Reed's previous employment includes a private internal medicine practice in Novato, CA, where she also served as a hospitalist with Novato Community Hospital. In 2005 Dr. Reed began working for Kaiser Permanente, Petaluma, CA, where she eventually became senior physician. During her time at Kaiser Permanente, she was heralded as Favorite Family Physician of 2012, by Sonoma Family Life Magazine. In 2013, Dr. Reed relocated to her home state of Indiana and joined Adult Medical Specialists of Lebanon in conjunction with Witham Health Services. She was named "Best Family Doctor of 2016" by The Lebanon Reporter. Dr. Reed comes to IIM from Southern Coos Hospital and Health Center Bandon, OR, where she practiced Primary Care Internal Medicine.

"The ability to provide compassionate, comprehensive health care in a setting where all members of the care team share the same objective is a rare find," she says. "Island Internal Medicine is such a place. At the end of the day, I ask myself if I have done for each of my patients what I would want done for a member of my family. Once I can answer 'yes,' I can relax and reenergize for the next day."

Board Certified in Internal Medicine, Kelly Reed MD is available for appointments at Island Internal Medicine, 912 32nd Street, Suite A, Anacortes. Call (360) 293-4343.

Robert P. Rieger MD recognized nationally by AAFP Fellowship

Robert P. Rieger MD of Island Family Physicians recently received the degree of Fellow by the American Association of Family Practitioners (AAFP).



In its announcement, the AAFP states, "The degree of Fellow recognizes AAFP members who have distinguished themselves among their colleagues, as well as in their communities, by their service to family medicine, by their advancement of healthcare to the American people, and by their professional development through medical education and research. Fellows of the AAFP are recognized as champions of family medicine. They are the physicians who make family medicine the premier specialty in service to their community and profession."

"What this fellowship brings to me personally," Dr. Rieger said, "is a strong reinforcement of my commitment to family

practice. I truly like conversing with, and getting to know my patients. I enjoy learning about their goals in life and their ambitions along with their cares and sorrows. Combined, this develops the trust and partnership that makes for a better relationship between me and my patients. I

am a firm believer in continuity of care and the importance of a physician being there for his or her patients throughout the care experience – not just in clinic but also in the hospital and home if needed."

"Many of the current care models are not valuing continuity of care," he said. "This fellowship is one more statement that we at IFP highly value this commitment and the importance of relationships. It is a confirmation of my practice philosophy and strivings throughout my many years in medicine."

Island Family Physicians is located at 2511 M Avenue, Suite A, Anacortes. For appointments call (360) 293-9813

Sleep Wellness Center promotes Jennifer Taylor to Clinic Supervisor



Perhaps nobody is as familiar with the inner workings of the Island Hospital Sleep Wellness Center (SWC) as Jennifer Taylor, who has contributed to its successes and growth since

the U.S. Navy as Hospital Corpsman/Supervisor and Preventive Medicine Technician.

Jennifer gained invaluable skills and knowledge in patient care during her service tenure. She later received her Associate's degree in Biology at Skagit Valley College in Mount Vernon.

"I'm thrilled to have this opportunity to lead the Sleep Center and expand my horizons," Taylor said. "The staff here is incredible and completely focused on helping our patients improve their sleep wellness and quality of life."

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

March 2015. Though her promotion to Clinic Supervisor means additional responsibility, it also recognizes Taylor's continuing efforts with staff and patients. She will retain her Medical Assistant role concurrent with Clinic Supervisor.

Jennifer came to SWC after working nearly three years as a Customer Service Representative for Whidbey Home Medical, Oak Harbor, WA. She had previously served

Island Hospital welcomes David Scherer, Director of Facilities



David Scherer PE, CHFM has been named IH Director of Facilities, a demanding role that includes responsibility for planning, coordinating and directing all administrative and techni-

cal aspects of Island Hospital's Plant Operations and Environmental Services departments, as well as overseeing the hospital's Safety and Security programs.

In 1992 Scherer earned his Bachelor's degree in Mechanical Engineering from California State University, Long Beach. He is a Registered Mechanical Engineer, certified by the American Society of Healthcare Engineers as Health Facility Manager and by the American Society of Heating, Refrigerating and Air-Conditioning Engineers as a Building Energy Assessment Professional and Commissioning Process Management Professional.

Scherer served as a machinist mate for the U.S. Navy (1977-1983) and is a veteran of the Persian Gulf, earning a Navy Expedition medal. Upon discharge, he worked as Project Engineer in New Mexico, where he performed environmental engineering and later design of HVAC, plumbing and specialty systems in support of operations at the Los Alamos National Laboratory. He was, for four successful years, Principal Engineer and owner/operator of Cottonwood Engineering, Santa Fe, before moving to Alaska and becoming Project Engineer for AMC Engineers, Anchorage, where his work included mechanical design for MRI and dialysis additions and medical office building renovations. For the next six years he was Senior Health Facilities Engineer, Alaska Native Tribal Health Consortium, Dept. of Environmental Health and Engineering, before serving four years as Senior Mechanical Engineer and Energy Manager for NORTECH Inc., Anchorage.

Scherer comes to Island Hospital from Bethel, AK, where he was Director of Clinical Facilities at the Yukon Kuskokwim Delta Regional Hospital for the Yukon Kuskokwim Health Corporation, a tribally owned non-profit health corporation serving 50 villages in Southwest Alaska.

cal aspects of Island Hospital's Plant Operations and Environmental Services departments, as well as overseeing the hospital's Safety and Security programs.

In 1992 Scherer earned his Bachelor's degree in Mechanical Engineering from California State University, Long Beach. He is a Registered Mechanical Engineer, certified by the American Society of Healthcare Engineers as Health Facility Manager and by the American Society of Heating, Refrigerating and Air-Conditioning Engineers as a Building Energy Assessment Professional and Commissioning Process Management Professional.

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Introducing Brad Ogden, Center for Pain Management Supervisor



Supervisor Brad Ogden has brought his exceptional vision, resourcefulness, organizational and communication skills to the Center for Pain Management (CPM) at

Island Hospital to oversee its daily operations and to ensure provision of efficient and quality care. In this demanding role, he is responsible for staffing, training, performance management, initiating and supporting process improvement, and overseeing department operations.

Ogden earned his Associate's degree in Applied Science from Central New Mexico University, Albuquerque, NM and both his Bachelor's and Master's degrees in Healthcare Administration from Purdue Global University (a part of the Purdue University system). He hit the floor running, and even before earning his AA, he worked four years as Branch Manager at New Mexico Educators Federal Credit Union, Albuquerque, NM.

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

The Center for Pain Management – comprising The Headache Clinic and Interventional Pain Management – is located at 2511 M Ave., Suite C, Anacortes. For appointments call (360) 299-4929.

Midwife services added to IH Birth Center

The Thomas G. Brooks Birth Center now offers a personalized, certified nurse-midwife-attended birth experience.

“Bringing midwifery services to Island Hospital will provide a place in Anacortes for people to deliver their babies with a gentle midwife’s touch,” said Tonja Dunton MSN, RN, Island Hospital’s Director of Labor and Delivery. “We are now able to reach a community population that we have been previously unable to support.”



The term midwife means “with woman.” Midwives have been attending births for centuries and are documented in ancient Greek and Roman texts. In today’s setting, certified nurse-midwives (CNMs) have degrees beginning with a Bachelor’s in Nursing (BSN) and then a graduate degree (master’s or doctorate), followed by national certification and state license, allowing a CNM to practice as an advanced registered nurse practitioner (ARNP) and CNM. CNMs work with other

members of the healthcare team, such as physicians and nurses, to provide the highest-quality collaborative care.

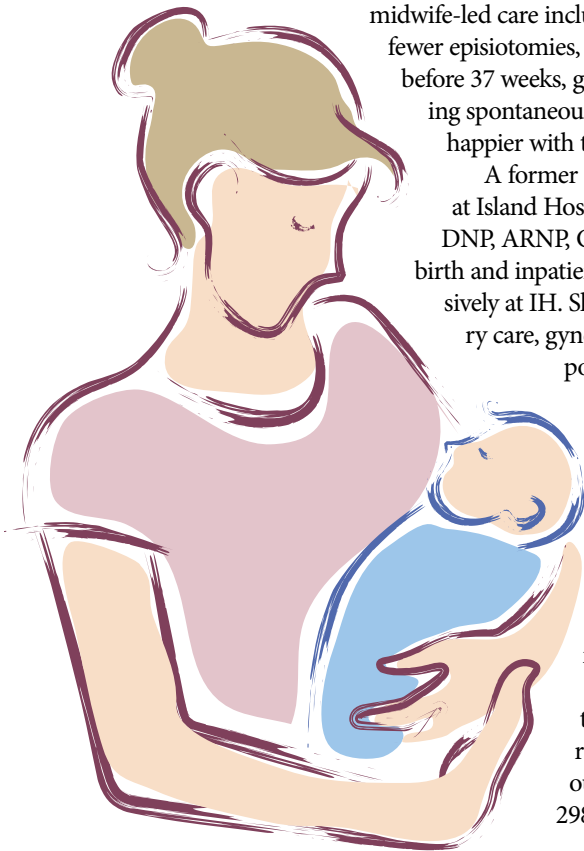
The American Journal of Nursing reported on 13 studies involving 16,242 pregnant women who received prenatal, intrapartum and postnatal care primarily from a midwife. The studies revealed these women were less likely to deliver prematurely (before 24 weeks) and needed fewer medical interventions, compared with women cared for by obstetricians or family physicians. Eight of the trials evaluated women at low risk for complications, and five trials looked at women at high risk for complications.

Evidence showed that other benefits of midwife-led care included fewer epidurals, fewer episiotomies, lower odds of delivering before 37 weeks, greater odds of experiencing spontaneous vaginal birth and being happier with the overall experience.

A former Labor and Delivery nurse at Island Hospital, Miranda Hastings DNP, ARNP, CNM, is providing labor/birth and inpatient newborn care exclusively at IH. She offers women’s primary care, gynecologic, prenatal and postpartum care at her clinic in downtown Anacortes.

“We are very excited to have Miranda deliver with us at Island Hospital and provide another service for the community,” Dunton said.

For more information, contact your primary care physician, or reach out to Hastings at (360) 298-8040.



Miranda Hastings DNP, ARNP, CNM

Miranda Hastings DNP, ARNP, CNM is an eight-year veteran of the U.S. Navy, where she served as a registered nurse in emergency medicine, flight nursing and labor and delivery. The Navy provided her with the opportunity to experience our country from coast to coast as well as Sicily and two deployments.

Hastings moved to Anacortes in 2012 and worked as a labor and delivery nurse at Island Hospital before graduating from the University of Washington with a Doctor of Nursing Practice degree in 2015. After becoming a certified nurse-midwife, she worked at Evergreen Health Midwifery Care, attending births at Evergreen Health Medical Center and Neighborcare Health in Kirkland as well as at Swedish First Hill in Seattle. She now partners with Fidalgo Medical Associates and provides women’s primary care, gynecologic, prenatal and postpartum care at Anacortes Midwifery Care in downtown Anacortes.

Voted a Seattle Met Magazine Top ARNP in 2017 and 2018, Hastings says, “I am excited to bring midwife-attended birth to Island Hospital. My goal is to provide personalized, evidence-based, low-intervention health and obstetric services to women, while providing a birthing experience that empowers women to become confident mothers. Shared decision-making with patients and collaboration with specialty-care providers, when indicated, are hallmarks of the service I provide.”



Tom Gantz (center) takes a break with Cardiopulmonary Care Center staff (from left) Jan Priggee RN, CCRP; Coordinator/Scheduler Denise Adams; Jim Schermele RRT; and Courtney Stewart BS, CEP.

Transplant patients receive specialized, expert care at Cardiopulmonary Care Center

The Cardiopulmonary Care Center at Island Hospital has recently worked with two patients who have received transplants in the past year. These patients require an added measure of attentiveness and training due to the nature of their recovery processes.

Tom Gantz, lung transplant

Tom Gantz, who moved to Oak Harbor from Colorado due to a lung condition that made it difficult to breathe at high altitude, had a lung transplanted on Sept. 19. He started working with the Cardiopulmonary Care Center (CCC) at Island Hospital after he moved to Whidbey Island.

Gantz responds quickly when asked about his rehabilitation at the CCC: “Wonderful, the best I’ve ever had.” Following the move and participating in the pulmonary rehabilitation program here, he lowered his supplemented oxygen use by 80%.

“After my transplant (at the University of Washington Medical Center) I was able to stand on my own, walk and function so quickly that the UW nursing staff kept asking me ‘Where did you do your rehab?’ They saw me walking much farther, and able to do things far beyond their expectations. They were very surprised and I was happy to tell them it was at Island Hospital in Anacortes.”

Kerry Hayes, heart transplant

Anacortes native Kerry Hayes has a history of genetic heart problems that recently culminated in his need for a transplant in July 2018. For the previous 17 months, he

needed to be connected to an artificial heart he wheeled with him everywhere he went.

Once on the artificial heart, he began cardiac rehabilitation at the CCC. For the past two years he has worked with the CCC to help him rehabilitate.

Hayes appreciates the exceptional care, expertise and compassion displayed by CCC staff. In an email he wrote:

“The cardiopulmonary team and program at Island Hospital were crucial in my staying healthy and as conditioned as I could while I had my Total Artificial Heart. I attended for most of a year and a half before I got my heart transplant. They are all very

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Kerry Hayes, finishing another workout.

Cardiopulmonary Care Center now providing peripheral-artery disease therapy

The Centers for Medicare and Medicaid (CMS) recently approved reimbursement for one-on-one treatment for patients with the diagnosis of peripheral-artery disease (PAD). PAD is a disorder caused by atherosclerosis – a build-up of fats, cholesterol and other substances in and on arterial walls – also called plaque. This can restrict blood flow from the arteries to anywhere in the body. This may be preventable and is treatable.

The employee supervising this exercise program must be certified as a Clinical Exercise Physiologist and/or certified as a Cardiac Rehabilitation Professional. At the Cardiopulmonary Care Center at Island Hospital there are two employees with these certifications – Courtney Stewart ES and Jan Priggee RN. The exercise programs will be individualized to each patient with established goals to meet functional improvements.

To qualify for this specialized treatment patients must display signs or symptoms of claudication. Claudication is characterized by pain, aching, burning or fatigue in the working muscles of your legs. These symptoms occur at the onset of exercise, can increase as you increase your walking distance and are relieved by rest of up to 10 minutes.

Program specifics:

- Referral from a provider is required.
- Sessions include cardiorespiratory exercise and resistance exercise.
- Exercise sessions are typically one hour, three days per week (determined by each patient’s tolerance).
- Allowable coverage is for 36 sessions over 12 weeks.

Benefits:

- Increase in peak walking distance without discomfort.
- Improvement in quality of life.
- Prevent progression of the PAD in the legs.
- Increase strength and endurance.
- For those that are not ambulatory the program will start to improve cardiorespiratory function.

For more information or to set an appointment contact the Cardiopulmonary Care Center at Island Hospital at (360) 299-4242.



Patient Tommy Bond (left) said that Patrick Nestor MD “is exactly what an oncologist should be.”

Patrick Nestor MD, exactly what an oncologist should be

Tommy Bond retired after serving 20 years in the U.S. Navy. It was time for wife and kids and grandkids to be job No. 1, and to spend in his beloved outdoors – hunting, fishing, hiking, and enjoying dogs, cats, chickens and turkeys. And sports. Bond likes to stay active. He got a welding job at Dakota Creek and spent time fully living the civilian life.

Then, his youngest son was seriously injured in an accident. Bond felt blessed that his son was alive yet learned that recovery would take

some time. His only concern was for his son until, two months later, in May 2016; Bond was diagnosed with Stage IV colon cancer that had spread to his liver.

“I refused to believe it at first,” he said, “but family, time and rounds of chemo(therapy) have a way of turning your head around to meet life head on. Sometimes it’s the little things,” he said, nodding toward the five packets of sugar he’d set beside his coffee.

“I’d gone through three oncologists and had finished my chemotherapy by the time I met Dr. (Patrick) Nestor,” Bond said. “He is exactly what an oncologist should be. He had thoroughly reviewed all that went on before, and he was in agreement with all of it. He’s professional (but not in a distant way) and went straight to work on where we would go next. He is concerned with how I feel today but also about where I want to be tomorrow. He’s straightforward, doesn’t sugar-coat anything, so I know I can believe him. I also know he believes me.

“Soon I’ll have another scan,” Bond continued, “which I hope will show I can be off these treatments. Dr. Nestor knows how important being outdoors and being active is to me and to my wellbeing. My strongest wish is to live to see my grandchildren age and grow. Dr. Nestor is definitely working hard to help me get there.”

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

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ELMM Clinic provides multi-specialty, pro-active care

The ELMM Clinic in Anacortes provides primary care and much more both at its Commercial Avenue location and online via telemedicine services.

“We treat each patient with a focus on disease prevention while providing comprehensive care for chronic and acute illnesses,” says ELMM Clinic Founder Dave Brown MD.

“Our approach to patient wellness is what we term ‘pro-active’ care, emphasizing exercise and healthy nutrition throughout each patient’s individualized and evolving care plan. To complement this vision we’re now innovating to improve patient access through our telemedicine and home-based chronic-care management services.”

ELMM Clinic service lines include primary care, pediatrics, walk-in care, telemedicine, medical weight loss and sports medicine. The provider staff includes Dr. Brown, an internist and obesity medicine specialist; Yvonne Naughton MD, a pediatrician and sports-medicine specialist; and Sunny Hwang-Oras ARNP who specializes in family, women’s, and weight-loss medicine.

Dave Brown MD



Dr. Brown is board-certified in internal medicine and obesity medicine as well as certified in hyperbaric oxygen therapy. He has worked in primary care, acute inpatient, critical-care medicine and chronic wound care. Dr. Brown’s educational

background includes an MD from Trinity College, School of Medicine in Dublin, Ireland and a Bachelor’s degree in Mechanical Engineering from Boston University’s College of Engineering.

Dr. Brown has also served as Medical Director for Wound Care & Hyperbaric Medicine at Island Hospital, internist and hospitalist with Island Internal Medicine, Anacortes, and as an Assistant Professor of Clinical Medicine at University of California, San Diego. He has been a staff physician at two hospitals in Dublin, Ireland and co-founded a number of med-tech companies.

Yvonne Naughton MD



Dr. Naughton’s specialties include pediatrics and sports medicine, both of which are influenced by her exceptional athletic career. She competed in track and field in Ireland which culminated in a national championship in the triple jump and more recently on Irish national ultra-running teams competing in 24-hour and trail world championships. She’s won U.S. and international 100-mile trail races and coaches track and field at La Conner High School.

Dr. Naughton is a graduate of the Trinity College School of Medicine, Dublin, Ireland and completed pediatric residency at the University of Arizona and a Diploma in Sports Medicine from the International Olympic Committee. She has also practiced at

Island Internal Medicine, La Conner, and Skagit Pediatrics, Mount Vernon.

Sunny Hwang-Oras ARNP



Sunny Hwang-Oras ARNP provides family and women’s medicine services along with medical weight-loss management. She also supports the other two providers, rounding out the ELMM

Clinic pro-active philosophy. Her experience in emergency medicine and clinical services further supports the clinic’s efforts to provide multi-specialty care whenever needed.

Hwang-Oras earned her Master’s in Nursing at Hawaii Pacific University’s Family Nurse Practitioner program, with Distinction. She achieved her Bachelor’s in Nursing from the University of Hawaii at Manoa. She has a wealth of experience as a registered nurse in the emergency departments at Island Hospital and Skagit Valley Hospital; Pali Momi Medical Center and Castle Medical Center, Hawaii. While in the U.S. Navy, she served as Trauma Bay Team Leader at Kandahar (Afghanistan) Role 3 Hospital and Naval Hospital Bremerton, WA. She also served numerous other roles as a staff nurse in Navy and civilian roles.

The ELMM Clinic is located at 1500 Commercial Ave., Anacortes, and can be reached at (360) 399-7732. Or visit www.elmmclinic.com.

Island earns RQI recognition

The American Heart Association (AHA) and Laerdal Medical recently recognized Island Hospital for its commitment to patient care through the implementation of the Resuscitation Quality Improvement program (RQI). The award was presented by RQI Impact Manager Diane Cave RN (left) and West Region Sales Director Bob Owen (right), both with the AHA and Laerdal. Receiving the award on behalf of Island Hospital are Chief Patient Care Executive Denise Jones RN (second from left), Nina Mead (center), and Kathy Corrion RN.



They literally saved my life!

Blood-pressure-screening participant Jeremy Cranston tells his compelling story of how a New Year's resolution was life-changing

My 2017 New Year's resolution was to take better care of myself. I saw an ad about the blood-pressure screenings, and I decided I would waltz in, do the screening, waltz out with a clean bill of health and go about my business.

When Elaine (Oliphant, IH volunteer and retired nurse who has provided blood-pressure screenings at Island Hospital and around the community for more than 25 years) read my levels, her eyes shot through the ceiling. "Elevated," she said. We talked a bit and then took another reading. Better, but not good enough. We took a third reading and she told me to get myself to The Walk-In Clinic "immediately!"

I was really scared. I had lost a friend one year earlier to a sudden stroke, and I wondered if this was what I was in for. I learned

from the doctor that it might be possible to change my diet some, get more exercise and return my BP to the normal range without any medication. That's what I've done.

I usually have the screening weekly. It's a place where everyone smiles, says "hello" and passes the time in conversation. Substitute screener Betty-Anne Ely (IH volunteer and retired registered nurse) helped my perspective when she said, "Give yourself six months to make changes and don't feel like you need to do everything right now."

I'm so thankful for these screenings. I think they literally saved my life!

Jeremy Cranston
Anacortes

Free, weekly blood-pressure checks are offered at the Health Resource Center at Island Hospital from 9 a.m. to noon.



Jeremy Cranston gets his blood pressure checked regularly at the Health Resource Center at Island Hospital. He's all smiles now in this photo from fall 2018, but a resolution he made to invest time into his health may have saved him from serious consequences.

Auxiliary applauds supporters, community for 2018 success

by **Betty-Anne Ely**
IH Auxiliary President

First, a recap of recent and ongoing events:

The Vial of Life project continues to inform our community of the need for having living wills and wishes for care on paper and accessible to our first responders in case of emergency or disaster.

Heart and Sport Pillows – We continue to give a heart pillow to every patient diagnosed with breast cancer. Our sports-themed pillows are popular gifts for fans who wish to celebrate a college or professional team.



Each year the Auxiliary holds its Christmas Tree Sale that typically sells out within a few hours. The 2018 event raised \$1,600 for vital patient-care equipment and services.

Lifeline Project – We continue to fund seven community members who need this service for safety and otherwise could not afford it.

The 2018 Miniature Christmas Tree Sale sold out in 45 minutes, with funds totaling \$1,600. We had one tree up for silent auction. It sold for \$105! We'll do it again. "Miriam's Pillows" were a popular item; the University of Washington-themed pillows sold the most with Washington State University a close second.

Mark the date for these upcoming events!

February 14: Candygrams – In one of our favorite events, our dressed-up candy bars will circulate throughout the hospital as the staff sends their "candy hugs" to fellow employees. The IH Auxiliary sends a big "thank you" to Walgreens and our own Island Hospital Medical Staff for assistance in the purchase of the candy.

April 12: Easter Basket Sale, 7:30 - 11 a.m. – The 2019 sale of baskets and plants will be located between the Birth Center and Gifts & More. We will have baskets for our gardeners, coffee lovers, tea lovers, toys and candy for our little ones as well as gift baskets for our seniors. These items sell out quickly. Please come early.

We appreciate all in our community that support our events, especially:

- Anacortes Noon Kiwanis Club
- Anacortes Printing
- Anacortes Soroptimist Club
- Anacortes Walgreens
- Westward Designs
- Mike, Jane and Mathew Henery of Sebo's Hardware

We always enjoy welcoming new members. Anyone interested is invited to call Betty-Anne Ely at (360) 840-3038.



2018 year-end report

Island Hospital SHIBA program provides counseling for 1377 clients in 2018



It was a record year for Island Hospital's SHIBA (Statewide Health Insurance Benefits Advisors) program as more than 1,300 Medicare beneficiaries

received counseling in 2018.

Supported by 13 volunteers trained through Washington State Office of the Insurance Commissioner, the local SHIBA team served Skagit County West and San Juan County exceptionally well. SHIBA volunteers worked 1,584 hours helping Medicare beneficiaries navigate the murky waters of their insurance options.

Most of the volunteer hours were recorded as one-on-one appointments where personalized support was provided to Medicare-eligible local residents. The volunteers counseled 1,377 clients in 2018, a 14% increase from the previous year.

Throughout the year, SHIBA volunteers held 25 classes for 373 attendees focusing on Medicare topics, the most popular of which is Medicare 101. Skagit County now has 15

available Medicare Advantage Plan options for 2019, compared to just five in 2018. This, joined with Medigap (supplemental) and Part D (prescription-drug) plan assessments, provided limitless opportunities for clients to potentially save money and gain comprehensive coverage.

"We are seeing a steady increase in the number of local Medicare beneficiaries, new and returning, who place their trust in our volunteers and validate the efforts of the Island Hospital SHIBA program," said Julie McKee, Coordinator of the Health Resource Center at Island Hospital.

McKee oversees counseling at three sites in San Juan County, along with those at Island Hospital.

While difficult to put a value on how much SHIBA clients saved by visiting with these expert volunteers, it is estimated in the \$300,000 range.

The Health Resource Center is located 200 feet east of the Island Hospital main 24th Street entrance. To contact the SHIBA program, call (360) 299-4212; for the Resource Center, call (360) 299-1397.

ARNPs, PAs provide advanced care

For many years the term "mid-level provider" was used to describe nurse practitioners, physician assistants and others who provide advanced, high-quality care. Across the country this term is being pushed out to recognize the high academic achievement and high-quality medical care provided by advance registered nurse practitioners (ARNPs) and physician assistants (PAs).

Therefore, the term "advance practitioner" is accepted as appropriate to describe these highly trained clinicians, researchers and educators who care for patients with a variety of illnesses. Within specialty areas, such as emergency medicine, there is specialized training, education and certification for ARNPs and PAs to provide an even higher level of care.

Virtually all ARNPs have earned a Master's degree and many hold doctorates. All PAs are educated in Master's degree programs and often achieve additional training and certification in specialty areas of medicine.

At Island Hospital, advance practitioners are members of the Island Hospital Medical Staff and carry their own "panel" of patients, working collaboratively with doctors in the clinical arena.

"The hiring of advance practitioners has been very beneficial to Island Hospital and our community," said Robert Prins MD, IH Chief Medical Officer and practicing Ob/Gyn at Fidalgo Medical Associates. "In fact, much of our ability to expand our clinics practices has relied on the addition of nurse practitioners and physician assistants. We have already experienced success in this regard in a number of areas including sleep medicine, cancer care, pain and others."

NEED A PROVIDER?

Call the Health Resource Center at Island Hospital

(360) 299-1397

NON-SURGICAL PAIN RELIEF

"I strive to reduce my patients' pain while improving their function so that they may enjoy their active lifestyles."



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

When: Friday, April 26, 2 – 3:30 p.m.

Where: Anacortes Senior Activity Center

Cost: \$15

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

BIRTH AND BEYOND

Breastfeeding Matters Class



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

open to pregnant and postpartum women and their babies.

When: Monday, March 18, 5 – 6:30 p.m.

Where: Fidalgo Room

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

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

Car & Booster Seat Clinic



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

When: Thursday, February 14, 3 – 5 p.m.

Thursday, April 11, 3 – 5 p.m.

Where: Island Hospital's 24th Street parking lot

Cost: FREE

Questions: 360-299-1309

Grand-parenting Class



Are you a grandparent to a young child or an expecting grandparent? If so, this is the class for you. Whether or not your grandchild is being born at Island Hospital, you can learn what has stayed the same in childbirth, infant care and early development and what has changed over the years. This class describes ways grandparents can offer support and assistance to a new family. Class will include a tour of the birth center and time for participant discussion.

When: Thursday, April 18, 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 class covered so many new things!"

– 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: Wednesday, March 27, 4:30 – 6 p.m.

Where: Fidalgo/Burrow Rooms

Cost: \$10

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

"I look forward to using the information with my baby!"

– Infant Massage class participant

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 5 – April 9, 6 – 8:30 p.m.

Tuesdays, May 7 – June 11, 6 – 8:30 p.m.

REGISTRATION
OPTIONS

1.

visit www.islandhospital.org/classes



Where: Fidalgo/Burrows Rooms*

*(March 5 & 12 classes will be located in a different location and participants will be notified)

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., April 6 & 7, 10 a.m. – 6 p.m.

Sat. & Sun., June 1 & 2, 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

HEALTH CARE PROFESSIONALS TRAINING

HIV/AIDS Training for Licensure

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

When: Monthly, call for dates

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

Registration: 360-299-1309

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: Tuesday, March 26, 9 a.m. – 5 p.m.

Where: Fidalgo/Burrows Rooms

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

Instructor: Madeline Rose

DOC TALK

Sex After 60



Join Island Hospital Physician, Kathleen Garde (OB/GYN), for a candid discussion on what to expect with sex as we age. For seniors who are physically active and healthy, having sex is perfectly normal. Dr. Garde will address common barriers to sex often faced by senior women including comfort, how to be ready for sex if it has been a while, decreased sexual desire, basic anatomy and more. She will discuss female options available for more pleasurable sex (lubricants, vaginal estrogen and vaginal dilators.) This class will address women's questions and options.

When: Wednesday, April 17, 6 – 7:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Kathleen Garde MD, OB/GYN

"Excellent class, so important!"

– Sex After 60 class participant

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.

Blending & Safety with Aromatherapy

In this interactive class you will learn how to properly choose, store and safely blend essential oils. Participants will leave with the confidence to work

with essential oils in the future and a blend to take home.

When: Wednesday, April 24, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$30 (includes supplies)

Essential Oils for Mind, Body & Soul

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

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

Where: Fidalgo Room

Cost: \$30 (includes supplies)

Skincare from Nature

Learn how to make skincare products using essential oils, including chamomile, lavender, rosehip and more. Oils may help soothe damaged skin. Create your own skincare blend to take home. Recipes included.

When: Wednesday, May 1, 6 – 7:30 p.m.

Where: Fidalgo Room

Cost: \$35 (includes supplies)

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 25, 1 – 2:30 p.m.

Monday, April 15, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: SHIBA Volunteer

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, May 2, 9 & 16, 6:30 – 8:30 p.m.

Where: Fidalgo Room

Cost: \$48

Instructor: Jan Hodgman MA

NUTRITION

Keto Friendly Foods & Recipes

NEW!



The ketogenic (keto) diet is a low carbohydrate diet that has been proven to help manage blood sugar and control weight loss. Individuals with type 2 diabetes or heart disease may benefit from the keto diet. Participants will

receive a brief overview of the keto diet and will learn what foods are keto friendly, (recipes will be provided). This class is intended for individuals that already have a basic understanding of the ketogenic diet.

When: Tuesday, April 2, 3 – 4 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructor: Jan Priggee, RN, CCRP

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.

Brigid Collins' "Triple P" Parenting Classes

The Brigid Collins' "Triple P" Parenting Classes are intended for parents of young children, (ages 0-8). Classes will provide parents with ideas and strategies to raise happy and confident kids, manage misbehavior, set rules and routines, encourage desirable behavior and parent self-care methods. This four week series will include a variety of topics: Week #1 The Power of Positive Parenting, Week #2 Raising Confident, Competent Children, Week #3 Raising Resilient Children, Week #4 Coping with Stress.

When: Thursdays, March 7 – 28, 6 – 7:30 p.m.

Where: Whitney School, 1200 M Ave

Cost:* \$40/person or \$50/per couple (must be two adults in same household) *Scholarships available if requested in advance. Eligibility is based on need.

Instructor: Kari Pendray, Parenting Skills Coach, Brigid Collins Family Support Center

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

Ergonomics



Are you having pain during your work day? If so, this class is for you! Research shows proper desk set-up can decrease work related injuries. This course will provide resources to help adjust your work station to best fit your body, as well

as education on proper posture.

When: Wednesday, April 3, 4:30 – 5:30 p.m.

Where: Computer Training Room

Cost: \$5

Instructor: Lindsay Harris PT, DPT, CSCS, CIMI

Improving Your Aging Memory



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

When: Wednesday, February 27, 1 – 2:30 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Libby Lewis MA, MEd, CCC-SLP

Osteoporosis: Exercise & Nutrition



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

When: Wednesday, March 27, 1 – 3 p.m.

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructors: Allison Blackwell PT, DPT & Suzie DuPuis RD

Pelvic & Bladder Health



Are you having a tough time staying dry after childbirth, power walking or even after sneezing? If so, there are physical therapy interventions that can help. Come learn ways to strengthen your pelvic floor muscles to help prevent urinary leakage from a physical therapist with Physical, Occupational & Speech Therapy at Island Hospital.

Physical, Occupational & Speech Therapy at Island Hospital.

When: Thursday, February 28, 10 a.m. – noon

Where: Fidalgo/Burrows Rooms

Cost: \$10

Instructor: Amy Harrington PT

"Worthwhile – I learned important things about Kegel exercise that I never knew before."

– Pelvic & Bladder Health class participant

SPECIAL EVENTS

Natural Approaches to Seasonal Allergies



Join Naturopathic Physician Alethea Fleming of the Vital Aging Clinic for an informative and fun discussion on seasonal allergies. This class will cover how changes to your diet and home environment can improve symptoms. We

will also review the most popular natural therapies and which ones work best.

When: Wednesday, March 20, 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: Friday, March 22, 10 a.m. – noon

Tuesday, April 16, 10 a.m. – noon

Friday, May 17, 2 – 4 p.m.

Where: Fidalgo/Burrows Rooms

Cost: FREE

Instructors: To be determined

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

Resources & Support Groups

CANCER SUPPORT

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

Individual Counseling

NEW!

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

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

CARDIOPULMONARY CARE CENTER PROGRAMS

Cardiac Rehabilitation

If you have stable angina or have had a heart attack, heart bypass surgery, valve surgery, angioplasty or stent placement in the past year, this monitored exercise program will help you increase

your endurance and provide you with the necessary education you need to make lifestyle changes for better cardiac health.

Contact: 360-299-4242

Pulmonary Rehabilitation

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

Contact: 360-299-4242

HEALTH INSURANCE COUNSELING

In-Person Assisters (Non-Medicare)

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

Contact: 360-299-4924

SHIBA (Medicare)

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

Contact: 360-299-4212

MENTAL HEALTH

NAMI (National Alliance on Mental Illness)

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

Contact: Skagit HELPLINE: 800-273-8255

Suicide Prevention Lifeline: 800-273-TALK

PREGNANCY, CHILDREN AND FAMILIES

Access to Baby and Child Dentistry (ABCD)

Did you know that regular dental care is recommended to start before an infant's first birthday? Families with children up to age 6 can call Skagit County's ABCD program for help with dental care for their children.

Contact: 360-416-1523

Center for Maternal & Infant Care

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

Contact: 360-293-3101

Nurse-Family Partnership

First-time moms who are eligible for Apple Health or WIC can enroll in Skagit County's Nurse-Family Partnership (NFP) program. Moms are paired with nurses who meet with them from early pregnancy

Resources & Support Groups

until their child turns two, providing personalized information and support for a healthier pregnancy and a more confident parenting experience. Services are provided by Skagit County Public Health at no cost to families.

Contact: 360-416-1523

Skagit Healthy Beginnings Phone Line

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

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

Women, Infants and Children (WIC) Nutrition Program

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

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

TEENS

Anacortes Teen Clinic

The Teen Clinic is free of charge for teens (age 18

and under). The clinic is open on Wednesdays from 2 – 5 p.m. and is located at 2601 M Ave., Suite C, Anacortes. Drop-ins are welcome.

Anacortes Teen Clinic Services:

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

Contact: 360-293-6973

WEIGHT MANAGEMENT

Overweight?

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

Contact: 360-299-1300, ext. 2567

SUPPORT GROUPS

Alzheimer's Association - Caregivers

2nd Monday, 1 p.m.

Westminster Presbyterian Church of Anacortes
Contact: Ann, 360-299-9569

Better Breathers

3rd Tuesday, 1 – 2 p.m.

Burrows Room, Island Hospital
Contact: Jim, 360-299-4242

Grief

Every Wednesday, 3:30 – 5 p.m.

Fidalgo/Burrows Room, Island Hospital
Contact: Doug, 360-202-1699

Kidney

Meets quarterly, (call for dates)

Anacortes Senior Activity Center
Contact: 360-293-7473

NAMI Mental Health

4th Thursday, 7 – 9 p.m.

United Methodist Church of Anacortes
Contact: Virginia, 360-298-8824

Parkinson's Disease

3rd Thursday, 1:30 – 3 p.m.

Fidalgo/Burrows Rooms, Island Hospital
Contact: Jerry, 360-293-2185

Restless Leg Syndrome

Call for dates

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

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

March for Meals – 2019 Bowling Bash

Join the 15th annual March for Meals campaign to help raise funds and awareness for Meals on Wheels Skagit County.

In 2018, Meals on Wheels served approximately 150,000 meals to over 2,400 Skagit County seniors; 95,800 of these were hot, nutritious meals, delivered each weekday to a senior's home, in addition to frozen meals on the weekends.

The Meals on Wheels program relies on community support to feed Skagit County seniors, and funds generated through the March for Meals campaigns are essential to maintaining the program's high service levels. Last year, March for Meals raised over \$62,000 for Skagit County seniors.

Join the Bowling Bash – March 30

- Have fun while helping to raise money for Meals on Wheels by sponsoring a team of four who will enjoy two games of bowling, food, refreshments and prizes! The team entry fee is \$250.
- Do you want to be a team sponsor and don't have your own team? No problem! Just pay the entry fee and we will find deserving bowlers for you!



Make a donation to March for Meals

- Local businesses, organizations and individuals can make donations at the following levels:

Platinum - \$1,000

Gold - \$500

Silver - \$250

Bronze - \$100

Please make checks payable to Meals on Wheels and mail or drop off at:

Anacortes Senior Activity Center

1701 22nd Street Anacortes, WA 98221

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

If you or someone you know is interested in receiving services from Meals on Wheels, please call (360) 416-1500.


Sponsored by the Island Hospital Foundation

Balance Screening

Our physical therapists can help determine where your body is vulnerable and help you develop strategies to prevent falls. Appointments are required.
When: Tuesday, June 11, 10:30 a.m. – 12:30 p.m.
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 2, 9 – 11 a.m.

Where: Health Resource Center

Cost: \$10

Colon Cancer Screening

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

You must be present to get a kit!

If you have insurance (other than Medicare or Medicaid), please bring your insurance card. Most insurance plans cover a set of preventative screening tests at no cost to you. We will bill your insurance so you can get credit for this screening. If your insurance doesn't cover the cost of the screening, your cost will be \$10. Call 360-299-1309 for questions.

When: Tuesday, March 5, 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 19, 9:30 a.m. – 4 p.m.

Where: Health Resource Center

Cost: FREE

NEW!

Health Screening Event

Previously known as Cholesterol & Glucose and Vitamin D Screenings


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

-Cholesterol & Glucose

-Vitamin D

No appointment required.

Please do not arrive prior to 7:30 a.m.

 **Cholesterol & Glucose:** This blood test determines your total cholesterol, HDL, LDL, triglyceride and glucose levels, which can be indicators of cardiovascular disease or diabetic tendencies. A 12-hour fast is required with water and needed medications only.

Vitamin D: This screening will determine the level of vitamin D in your blood. Studies have shown that low levels of vitamin D may contribute to the possibility of developing osteoporosis, cancer and other health conditions.

When: Tuesday, April 30, 8 – 11 a.m.

Where: Health Resource Center

Cost: Cholesterol & Glucose, \$15*

Vitamin D, \$40

*Insurance may cover the cost of your screening.

Memory Screening

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

When: Tuesday, March 12, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

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 7, 9 a.m. – noon

Where: Health Resource Center

Cost: FREE

Swallow Screening

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

When: Tuesday, April 23, 1:30 – 3:30 p.m.

Tuesday, June 4, 1:30 – 3:30 p.m.

Where: Physical, Occupational & Speech Therapy at Island Hospital

Cost: FREE



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

**Please give blood
at Island Hospital**

**Monday, March 18
9 a.m. - 3 p.m.**

Fidalgo/Burrows Rooms

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

GALA OF HOPE 2019

the Color of Miracles

exemplified by IH Emergency Department

I wanted to fight,” recalls Island Hospital patient, Paula Paulus, as she retells what she remembers of the day a stroke caused her to collapse in her home, alone. Paula was on the phone with Reta, a friend who lives in Canada, when she collapsed in her kitchen in October 2018. “I don’t remember much. I heard my friend calling, ‘Paula, Paula!’ through the phone receiver,” she recounts. Concerned that something terrible had happened, Reta called 911 (Canada) which then contacted 911 (U.S.) to dispatch Emergency Medical Services (EMS) to Paula’s Anacortes residence.

When Paula arrived at the Island Hospital Emergency Department (ED) it was clear that her condition was serious. Paula was having an ischemic stroke and needed a very specific drug treatment called tPA. There was a problem: tPA must be administered within a few hours from when stroke symptoms first appear and no one knew when Paula’s stroke began.

ED Medical Director Justin Curran DO coordinated the ED staff to investigate a timeline while simultaneously keeping Paula stable. After contacting the EMS (U.S.) dispatch center who then called 911 (Canada) the

medical team was able to reach Paula’s friend Reta. Reta provided a timeline so the medical team could adequately treat Paula.

“It was miraculous of [the medical team],” says Paula. “They were at the right place at the right time for me.”

The Island Hospital ED is a Level II Stroke Center. “Thank goodness we are here,” says Director, Kelly Pearson RN, BSN. “Not every community has an Emergency Department. We have services people need.”

The ED serves 1,300-1,500 patients each month and the numbers are increasing. A growing demand for emergency services brings an added need for the equipment that helps medical staff continue to provide high-quality care. For example, more than half the patients who visit the ED require telemetry equipment to assist with diagnosis and to monitor patient conditions. The information from telemetry machines helps the medical staff make lifesaving decisions for their patients. At present, the Island Hospital ED has just one machine.

Island Hospital Foundation’s 2019 Gala of Hope will dedicate funds raised during its Heartstrings Appeal to purchasing several, new telemetry machines for the ED. New



In October, Paula Paulus was suffering from a stroke when she arrived at the Island Hospital Emergency Department. Recently, she was able to share this special moment with ED Medical Director Justin Curran DO, the physician who oversaw her exceptional care.

telemetry technology provides better analysis and quicker results. Supporting this effort will continue to provide high-quality care in a department where every second counts.

You can be the miracle that saves someone’s life. By attending the 16th Annual Gala

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ISLAND HOSPITAL FOUNDATION

the Color of Miracles

16TH ANNUAL GALA OF HOPE

APRIL 27 AT 5:30 PM
SWINOMISH CASINO & LODGE

DINNER AUCTION TICKETS

\$150 On Sale NOW
360-299-4201
myihf.org/events

Heartstrings "Raise the Paddle" will be dedicated to funding lifesaving patient monitoring equipment for the Emergency Department

Corporate sponsorships available.

ISLAND HOSPITAL FOUNDATION



CPI Plumbing & Heating President Kelly Schols (left) and General Manager Brad Tully present a check to IHF Director Jeannette Papadakis.

In recognition of our community supporters

By Jeannette Papadakis
Director, Island Hospital Foundation

Island Hospital Foundation largely depends on the generous support of local businesses, corporations, community-service partners and individual philanthropists to fund many areas of our hospital. Existing departments, services, patient-relief programs and provision for equipment needs are areas that rely on their efforts. We are so grateful for these organizations that supported Island Hospital this past year. Please join us in thanking them for their service and contributions.

Service Groups

- Anacortes Kiwanis Sunrisers: \$1,000 for the Teen Clinic at Island Hospital.
- Fidalgo Island Rotary: \$1,000 for clothing for patients who need it upon discharge.
- Kiwanis Club of Anacortes: \$10,500 for free and low-cost community health screenings, the Teen Clinic and the Center for Maternal & Infant Care at Island Hospital.
- Lions Club of Anacortes: \$1,000 to start the in-development Diabetes Education Program.

Rotary Club of Anacortes: \$27,307 annual funding for social-work services at Anacortes High School, Cap Sante High School and Anacortes Middle School.

Soroptimist International of Anacortes: \$4,000 for the Center for Maternal & Infant Care.

Soroptimist International of Fidalgo Island: \$1,050 for educational podcast videos for Merle Cancer Care Center patients and families.

Churches

Christ Episcopal: \$3,000 for the Teen Clinic and the Center for Maternal & Infant Care.

Community Fundraisers

- Anacortes Cancer Walk (Karla DeCamp & friends): \$15,756 for the Cancer Patient Relief Fund.
- Skagit Woodstock Festival: \$7,500 for the Cancer Patient Relief Fund.

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COMMUNITY continued from page 21



Kiwanis Noon Club of Anacortes Vice President Chuck Flagg presents a check to (from left) IH Community Health Educator, Kelsey Jenison, Lactation Specialist Effie Jo Lindstrom RN, IHF Director Jeannette Papadakis; IH Volunteer Elaine Oliphant.

Local Businesses and Corporations

Coverys Community Healthcare: \$10,000 for Antimicrobial Stewardship Program.

CPI Plumbing & Heating: \$1,208 breast-cancer-awareness social-media fundraiser to benefit our breast-cancer patients.

Marathon Petroleum Company (formerly Andeavor): \$1,600 for palliative-care education.

Shell Puget Sound Refinery: \$3,500 for Wound Care Fundamental Course for nursing staff.

Skagit Sun Farm & Berries: \$6,785 from berry sales at 22nd St. and Commercial Ave. Proceeds assist with the greatest needs of Island Hospital.

Washington Federal: \$5,000 for free and low-cost community health screenings.

I cannot thank these very generous donors enough for supporting high-quality patient care at Island Hospital. For more information about the Island Hospital Foundation and how your group can help, please visit www.myihf.org or call us at (360) 299-4201.

GALA continued from page 20

of Hope, The Color of Miracles, on Saturday, April 27, you can create miracles of all sizes. In addition to supporting the ED, proceeds from the Gala will sustain funding for patient-relief grants, the Mental Health Intervention program, the Health Resource Center at Island Hospital, preventative health screenings, new Palliative Care and Diabetes Education programs, and more. Guests are invited to dress in the color of their miracle as they dine with friends, bid on splendid auction items, and raise their paddle high to support Island Hospital's Emergency Department during this one-of-a-kind experience.

Not only is Paula's family amazed that Paula is making a full recovery, they are

impressed by the care provided to Paula. "I can't believe that this doctor actually called [to follow up]," shared Paula's loved ones referring to Dr. Curran – who contacted them days after Paula's stroke to check in on Paula's recovery. Quality care close to home means miracles happen here.

Tickets for the Gala of Hope are \$150 each. Sponsorships range from \$1,600 to \$10,000. Tickets and sponsorships are available from the Foundation office and online at www.myihf.org.

Save the date, purchase your tickets, or become an event sponsor and make miracles happen.

Remembering

The Island Hospital Foundation received gifts to remember and honor those listed here between Oct. 1 and Dec. 31, 2018

GIFTS IN MEMORY:

Norm Allan	Ansel Hyland MD
Gene Anderson	Dick Iversen
Lois E. Bradshaw	Harold Mousel
Zane Brown	Ed Rezvani MD
Robert Calu	O. Newell Sheffer
Barbara Caravan	Michael Stark
Ann Cecilia Diamond	Robin Swain
Dorothy Dunker	June Thomas
Lori Egbers	Marge Thomas
Donald C. Ellis	Meri Van Luven
George Gjerset, MD	Chris Whatley
Dennis J. Heggem	Ian R. Wright

GIFTS IN HONOR:

Mark Backman MD	Island Hospital Nursing Staff
Donna Baker	Charles Kotal MD
Barbee Cromack	Judy Odegaard
Jamie Cromack	Boris Olich
Donald Leroy Fleming	Stacia Smith MD
Warren "Woody" Fry	Yvonne Tollefson
Kenneth and Frances Gearhart	Noel Zuehlsdorff
Jason Hogge MD	

*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

WARREN

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to make IH the best place possible for patient care. We want to ensure that our hospital can continue to succeed at providing the high level of excellence deserved by patients, their families and loved ones.”

Committed to community service and volunteerism, Tessler serves as president of the Anacortes Parks Foundation and treasurer for the Anacortes Family Center; chairs the Guemes Channel Trail Planning Committee; and is an active member of the Anacortes Noon Kiwanis Club. In addition, he co-chairs the Anacortes Bicycle and Pedestrian Advisor Committee and directs the annual Anacortes Open Streets event.

“It’s an honor to, first, be elected to the hospital commission by our community, and, second, be selected by the other four commissioners as President,” said Tessler.

OVERSTREET

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Dr. Overstreet has served as clinical assistant professor at the University of Washington since 1994 and has served on the faculty of NeighborCare Clinics, Seattle, WA, Madigan Army Medical Center, WA, Evergreen Hospital, Bellevue, WA, and VA Medical Center, Seattle.

The Wound Care & Hyperbaric Medicine Center is located in the Medical Arts Pavilion at 1015 25th St., and can be contacted at (360) 899-4600.

TRANSPLANT

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caring and personable and I felt like part of the family. It’s very comforting to know that you can try to push yourself to get stronger and healthier and they are there keeping a watchful eye on you, and guiding you through your journey. They are very good at paying attention to, and tending to everyone’s individual needs and restrictions. I was able to return (to cardiac rehabilitation) after getting my heart transplant and they helped and encouraged me to finish with flying colors. I got transplanted on July 3, 2018 and graduated rehab on Dec 19, 2018, and returned to work on Jan 7, 2019. I have much love for the whole team there and believe we will be lifelong friends. They helped me get through some really tough times in my life, and I will forever be grateful.”

Hayes’s hard work, diligence and medical care paid off: On Jan.7, he returned to work at the Shell North Puget Sound Refinery in Anacortes.



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 have access 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.islandhospital.org or at their next visit to the hospital or clinic.

Island Hospital
Foundation
1211 24th Street
Anacortes, WA 98221

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ECRWSS
Resident



Headache *pain?*

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

**Proven, effective treatments
available for**

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

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



THE

HEADACHE CLINIC

AT ISLAND HOSPITAL

360.299.4929

2511 M Ave., Suite C, Anacortes

www.islandhospital.org