

SPOTLIGHT

JAN AND JERRY BARTO OFFER SPRING MATCHING GIFT OPPORTUNITY

When Anacortes resident and Island Hospital Foundation supporter Paul Benz was asked what he loved about Anacortes, he quickly responded, "What could be better?!"

Many echoed his sentiment when asked the same question as part of the Island Hospital Foundation's Spring Match Appeal. Numerous residents agreed with Opal Johnstone, also of Anacortes, when she stated, "It is such a caring community!" Mike and Susan Goad said they love Anacortes because their family connections date back over 100 years.

The question is still out there and we want to hear from you. *What do you love about Anacortes?*

Jan and Jerry Barto feel strongly about our special community and are dedicated to ensuring healthcare excellence for years to come. Their commitment became evident when they offered a \$50,000 matching gift opportunity to increase awareness and support for the innovative programs and services at Island Hospital.

Our Spring Match Appeal is currently underway. *For every dollar you donate between now and June 30, 2011, Jan and Jerry Barto will match your gift dollar for dollar, up to \$50,000.* We invite you to join the Bartos and many others who have stepped up to the challenge in a united effort to support advanced healthcare in our community.

In the midst of changing times, it's comforting to know that exceptional healthcare in our community remains consistent. Island Hospital was recently voted as one of Solucient's Top 100 Hospitals in the country. Consumer Reports rated Island Hospital as one of the top three hospitals in Washington for patient communication. You and your loved ones are in good hands.

Island Hospital is your hospital, owned by residents within the Skagit County Public Hospital District No. 2 boundaries (western Skagit County, north Whidbey Island and the San Juan Islands). We rely on the support of donors to help sustain its longevity. So, what do *we* love most about Anacortes? We love our generous and caring community for truly making a difference!



Thanks to your support...

- Construction for the Medical Arts Pavilion is well underway and expected to be complete by January 2012. The new two-story 25,000 square foot building will house the Elden and Ann Merle Center for Cancer Care, Wound Care and Island Hospital Physical Therapy and Rehabilitation.
- 2010 marked the births of nearly 400 babies at Island Hospital – your gifts of more than \$5,300 went directly to the Birth Center and Pre-Natal Care at Island Hospital.
- Your individual gifts assisted Home Health in providing 532 people with in-home care last year including nursing; physical, speech and occupational therapy; and social services.

It is clear your gifts are making a difference. Thank you for sharing your heartfelt stories and your support of Island Hospital.

For more information or to learn about the many ways your gifts support quality community healthcare close to home, please visit our website at www.islandhospitalfoundation.org. Showing your support is now easier than ever! Simply press the 'Click Here to Donate Now' button at the top of our web page and fill out the secure online form. We will mail your acknowledgement and receipt within a week. As always, we would love to hear from you and are glad to assist you by phone at (360) 299-4201.

Kind Words From Our Patients

"All staff were just so good at letting me know what was going on! When they are all smiling, it tells me it's a great place to work at. Thanks so much!"

"I appreciate Dr. David Slepian's professional work. The other staff and doctors were equally as great. Thank you! It was my first time at Island Hospital. I was fearful of medical procedures in the past but the experience put my mind at ease. I will recommend Island Hospital without hesitation."

KENTUCKY DERBY IN ANACORTES: Island Hospital Foundation Raises \$170,000



Photos courtesy of Dana Styber, Island Hospital staff member and photographer.

The Derby spirit was in the air on Saturday, April 30, 2011 at the Port Warehouse as Gala of Hope guests donned their best linens and extravagant hats, dined on traditional Kentucky fare and competed by table for the "Winner's Circle Champions" honor. Thanks to the generosity of sponsors, guests, donors and a talented group of volunteers, the 8th annual Gala of Hope was a collective success, raising over \$170,000 in support of programs and services at Island Hospital.

Each year, the Gala of Hope features "Heartstrings", the fund-an-item portion of the auction where guests raise their paddle to support specific equipment for the Hospital. This equipment is chosen from the Hospital's "Wish List", meaning it would likely not be purchased without the generosity of those who contribute to Heartstrings.

The equipment selected for this year's Heartstrings was new Intensive Care Unit monitors. This vital piece of equipment allows for increased accuracy in pulse and cardiac readings as well as technological upgrades and advances currently unattainable. New monitors enable the care staff to provide the most precise readings for critical decisions regarding patients in the ICU.

Dr. Jay Ham, Anesthesiologist and Immediate Past Chief of Staff, described the value of new Intensive Care Unit monitors for Island Hospital to Gala attendees. We are pleased to announce that our generous supporters raised \$50,000 in ten minutes to make new ICU monitors a reality for Island Hospital.

Thank you once again to our Gala guests who take vital equipment and advanced technology off Island Hospital's "Wish List" and into patient care year after year!

Medical Arts Pavilion Update

Island Hospital Physical Therapy & Rehabilitation Center returns to Island Hospital campus after five years at The Cannery Building

In what may seem to some as a long time coming, Island Hospital Physical Therapy & Rehabilitation Center will be moving back to the Island Hospital campus in January 2012, located in the new Medical Arts Pavilion.

Director Ilima Shaw, PT, said the new Physical Therapy and Rehabilitation Center will offer the same therapy services – physical, speech and occupational therapy. The design and layout of the new facility, however; will be entirely renovated to allow staff to enhance patient treatment and care.

The gym will have added open floor space to work on gait training and challenges with balance. The occupational therapy treatment area, Shaw noted, will contain a kitchen for daily living training and space to work with clients that suffer from sensory deficits. The occupational therapy area will also have a vestibular swing, which aids in sensory integration and neurodevelopmental therapy. Speech Therapy will be spacious enough to continue working with both children and adults.

The central registration area will have a private waiting room with an area dedicated to children, as well as a more proficient check out process.

The value of the move, however; goes beyond the expanded facility. Patients will find added convenience in going to one campus and having nearly all of their service needs met.

"If they see their doctor on a given day and therapy services are recommended, they can just walk over and schedule rather than driving home and calling or having to go downtown to an off-campus setting," said Shaw.

The current Physical Therapy and Rehabilitation Center is located in The Cannery Building on Seafarer's Way. The Center was moved from the hospital in 2006 to allow for hospital renovations.

Shaw sometimes goes to and from the hospital four times a day for meetings and to assist with patient care. Outpatient therapists must allow an hour and a half to assist with in-patient care at the hospital and then drive back to the clinic.

"It will be very nice to be back on campus connected to the hospital again," said Shaw.



Did you know?

Roughly 19 percent of men and women who use the internet donate online, according to the Pew Internet and American Life Project. You can now support programs and services at Island Hospital by giving online using our new website, www.islandhospitalfoundation.org. Online giving is safe and easy. Try it today and join the growing wave of those who give online. Blackbaud, Inc. reported that online giving grew by 34.5 percent in 2010 alone!

MAKING A DIFFERENCE IN OUR HOSPITAL AND IN OUR COMMUNITY

Foundation grant allows Psychiatry & Behavioral Health program to implement free in-school counseling services to local high school students

Tips to Sustain Your Sanity



Life can be hectic. Losing focus on priorities is sadly, easy to do. Mental Health America is one of the country's leading organizations dedicated to helping people live mentally healthier lives. They offer numerous tips and strategies for effective living. Below are a few of our favorites.

- **Get Plenty of Rest:** Devote a full seven to eight hours of sleep each night to develop a proper balance of physical and mental health. Take naps when needed.
- **Stay Active:** Regular exercise is an excellent way to maintain a healthy lifestyle. Invite family members and friends to join you.
- **Eat Something New:** Whether it's taking a stab at a new recipe or recreating an old one, cooking is an excellent approach to eating well and to enjoy doing so. Invite family and friends to join you once a week for dinner and take turns preparing meals.
- **Exercise your Mind:** Challenge yourself with a puzzle, solve riddles or read a book. Involve others in these activities by reading to children or helping them with homework at a local library, school or daycare center.
- **Stay In:** Don't feel obliged to do everything that is asked of you. It is okay to say no. To avoid feeling inundated, spend time with yourself on a regular basis. Watch a movie, take a bath or begin a new project.
- **Get Involved:** Volunteering is a wonderful way to give back.* Helping someone else can help you feel better about yourself. Additionally, spending time with others is an excellent way to get out and become acquainted with new people that share similar goals and interests.

**There are many ways you can volunteer or get involved at Island Hospital. For more information, please call the Island Hospital Foundation at (360) 299-4201.*

When the Psychiatry & Behavioral Health program at Island Hospital received \$60,000 from the Island Hospital Foundation in January 2011, it was clear to Director Bruce Cox that however the funds were used, they must make a remarkable impact.

"Within a week, we decided how to use the funds, met with the school board and made it happen," Cox said.

Suzanne Staum, mental health therapist at Island Hospital's Psychiatry & Behavioral Health Center, visits Anacortes High School every Thursday to provide free counseling services to students as a result of the grant from the Foundation. Staum sees nine students of varying cognitive ability and academic performance on a regular basis.

Her findings are startling.

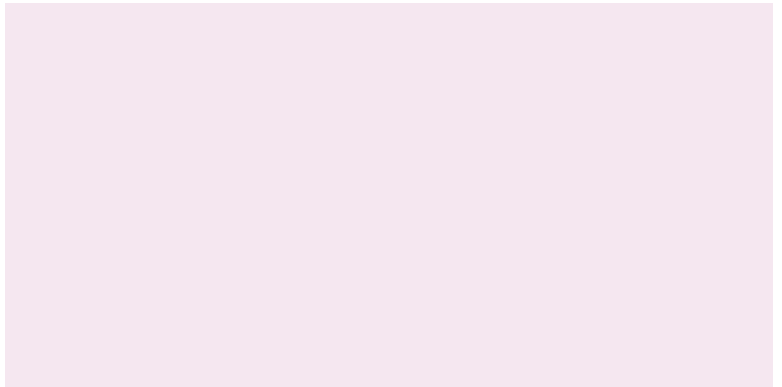
According to Staum, 89 percent live in single parent or blended family households. Over two-thirds of her patients have no or extremely limited (once a year or less) contact with their biological fathers. None of the students signed releases of information that allows their parents to be involved in their care.

"This is 100 percent student-led, confidential and supportive therapy these children would not otherwise get," said Staum. "One student said, 'My step-dad doesn't believe in counseling so I can't see you at your office.'"

Staum began making weekly visits to AHS in mid-April and is already seeing signs of progress. She said two of her patients had engaged in serious self-harm behaviors in the past year but have since stopped. One student quit using drugs and shifted her peer group to a more positive set of friends. Another patient stopped skipping school and boosted her grades considerably.

The implications of this "seed" project are profound, Staum said. "Access to care is a serious issue – and the collaborative relationship between the hospital and the school district is the only way to address this need in the high school."

The progress of this program is encouraging and we eagerly anticipate sharing more in the coming months. Thank you to our donors for your support which made this program a reality in our community.



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Mark your Calendar

HEALTH SCREENINGS

Screenings brought to you with the support of Island Hospital Foundation

Blood Pressure Checks (free)

Island Health Resource Center – every Wed. 9 – noon
Anacortes Senior Activity Center – last Tuesday of the month, 9 – 10:30 a.m.
La Conner Medical Center – 1st and 3rd Thursday of the month, 9 – 11 a.m.

Memory Awareness Screening* (free)

IHRC – Tuesday, July 19 or Tuesday, September 20, 9 – 11 a.m.
*Appointments required; leave a message at 299-1367.

Cholesterol & Glucose Screening* (\$10)

IHRC – Tuesday, July 12, 8 – 11 a.m.
*12 hour fast required; no appointment necessary.

Balance Screening* (free)

Island Hospital Physical Therapy & Rehabilitation, 715 Seafarers Way – Tuesday, August 9, 10 a.m. – noon
*Appointments required; leave a message at 299-1367.

Bone Density Screening* (\$5)

IHRC – Tuesday, September 13, 9 – 11 a.m.
*Appointments required; leave a message at 299-1367.

Please call 299-1367 for more information.

Please send me more information about:

- Becoming a volunteer
- Estate Planning
- Memorials and Tributes
- IHF Society Membership
- Event Tickets, Sponsorships, event committees and volunteering (*check one*)
- Celebration of Trees
- Gala of Hope
- Golf Classic

Or, visit our website at www.islandhospitalfoundation.org.

Upcoming Events

Summer 2011

Island Hospital Society Physician's Fireside Chat
(July or August ~ date and location to be announced)
This special event is by invitation for Island Hospital Foundation Society members. For more information about this event or becoming an IHF Society member, please visit our website or call our office at (360) 299-4201.

Monday, August 1st, 2011

The Island Hospital 10th Annual Golf Classic
For more information about sponsorships or registration, please call Vince Oliver, CEO at (360) 299-1327.



Yes! I would like to support excellence in health care at Island Hospital:

Enclosed is my tax-deductible gift of \$ _____
Donate online at www.islandhospitalfoundation.org.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Please charge my: Visa MC Disc Am Ex

Card Number: _____

Expiration Date: _____ CV Code: _____

*We value your privacy. Your information will only be used to communicate directly with you.

Please designate my gift: Greatest Need Cancer Care

Prenatal Care Health Resource Teen Clinic

Home Health Birth Center Endowment

Physical Therapy Other

I am making my gift: Anonymously

In Honor / Memory of: _____