Thank You

for your unprecedented generosity during the 2020 COVID-19 pandemic.

We cannot thank you enough for your support during the 2020 COVID-19 pandemic. In addition to meals, cloth masks, and personal protective equipment donations, you contributed an astounding $719,079 to keep patients, staff and visitors at Island Hospital safe and well-equipped.

You Supported

- 8 state-of-the-art new ventilators
- Tele-ICU program
- Telemedicine for specialty clinics
- Cepheid machine testing cartridges for COVID-19 testing
- 2-3 months of personal protective equipment
- Training for redeployed nursing staff
- And support for screening stations, additional cleaning, staffing and more.

2019 IMPACT REPORT

ISLAND HOSPITAL FOUNDATION

The Difference You've Made

A Direct Reflection of Your Compassion

Your philanthropic spirit has once again ensured that quality healthcare remains close to home and your generosity has reached new heights.

The strength of your benevolence directly translates to a strong hospital and throughout this report you will learn exactly how. Whether through launching new programs, increasing financial assistance to patients in need, or purchasing new surgical equipment, the stories told in this report are a direct reflection of your empathy, compassion, and care for those in your community.

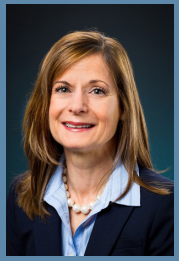
It is an honor to be entrusted with your financial gifts as together we aspire towards excellent, local healthcare. In fact, we are proud to announce we received a clean audit in 2019 by the independent accounting firm, Wipfli.

On behalf of the Board of Directors and staff at the Island Hospital Foundation, we genuinely thank you for choosing Island Hospital Foundation to receive your charitable dollars. Every cent has made a difference in the health of your community and the strength of your hospital.

With gratitude,

Shirley Vacanti
Foundation Board President

Jeannette Papadakis
Foundation Director



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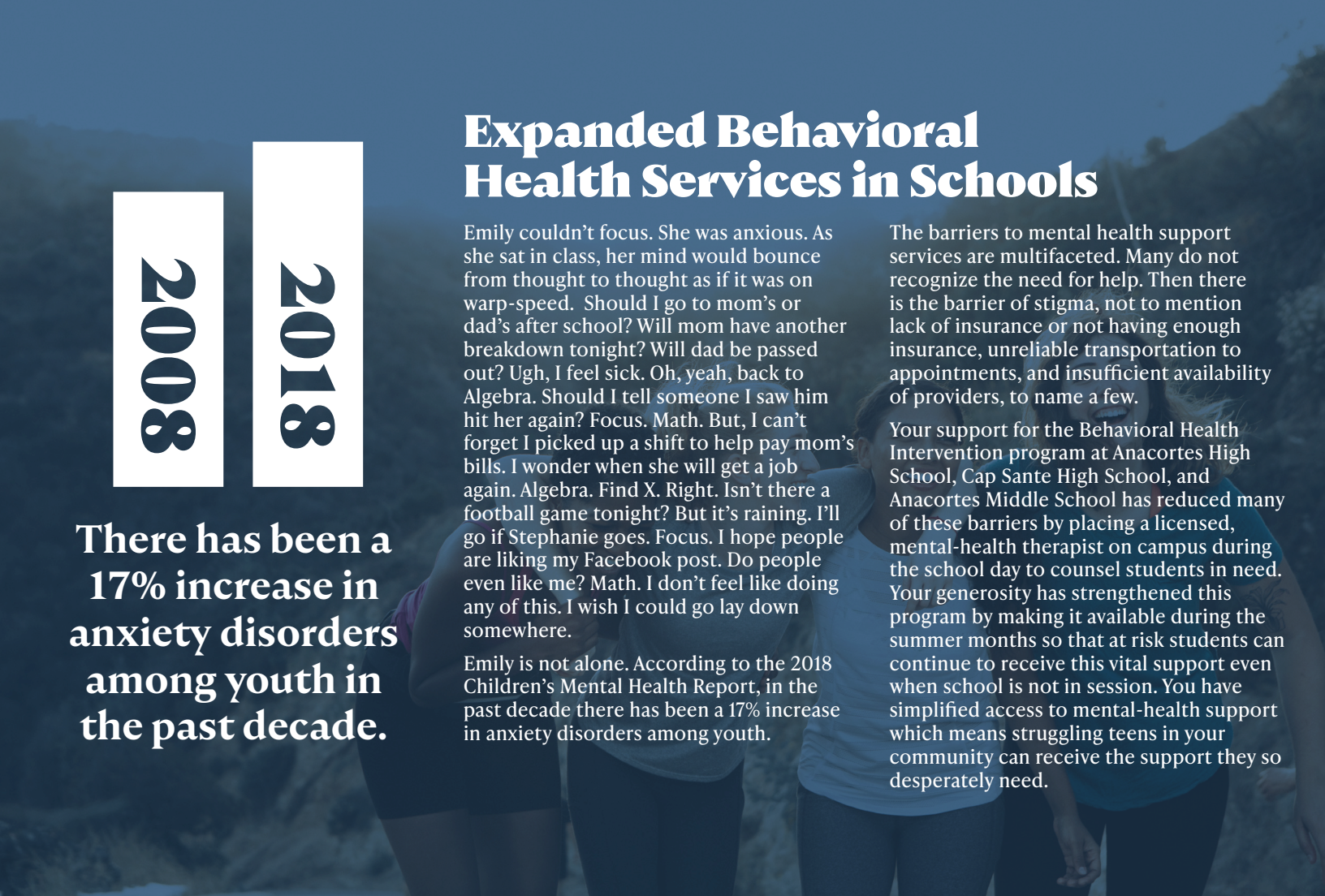
Fulfilling Our Mission

Total Giving in 2019

The independent accounting firm, Wipfli, deemed IHF a clean audit opinion for 2019.



Expanded Behavioral Health Services in Schools

Emily couldn't focus. She was anxious. As she sat in class, her mind would bounce from thought to thought as if it was on warp-speed. Should I go to mom's or dad's after school? Will mom have another breakdown tonight? Will dad be passed out? Ugh, I feel sick. Oh, yeah, back to Algebra. Should I tell someone I saw him hit her again? Focus. Math. But, I can't forget I picked up a shift to help pay mom's bills. I wonder when she will get a job again. Algebra. Find X. Right. Isn't there a football game tonight? But it's raining. I'll go if Stephanie goes. Focus. I hope people are liking my Facebook post. Do people even like me? Math. I don't feel like doing any of this. I wish I could go lay down somewhere.

Emily is not alone. According to the 2018 Children's Mental Health Report, in the past decade there has been a 17% increase in anxiety disorders among youth.

The barriers to mental health support services are multifaceted. Many do not recognize the need for help. Then there is the barrier of stigma, not to mention lack of insurance or not having enough insurance, unreliable transportation to appointments, and insufficient availability of providers, to name a few.

Your support for the Behavioral Health Intervention program at Anacortes High School, Cap Sante High School, and Anacortes Middle School has reduced many of these barriers by placing a licensed, mental-health therapist on campus during the school day to counsel students in need. Your generosity has strengthened this program by making it available during the summer months so that at risk students can continue to receive this vital support even when school is not in session. You have simplified access to mental-health support which means struggling teens in your community can receive the support they so desperately need.

Stepping Up for Mental Health

Meeting the Need for Mental Health Services

If there is one thing we know about you, it's that you are willing to step up in support of quality healthcare close to home. But, quality healthcare is not just about attending to one's physical needs. Quality healthcare includes caring for one's mental, emotional and behavioral wellbeing. The Community Needs Assessment vocalized the need for new and expanded mental health services. You stepped up to meet this need in your community with passionate generosity.

Empowering Charge Nurses

With mental health resources in short supply state wide, emergency rooms are often faced with more suicidal patients needing providers who are specialized in mental health and social services. Thank you Shell Puget Sound Refinery for providing the funding for a Suicide Intervention Training for seven charge nurses. The training empowered nurses to know how to help patients through a mental health crisis, provide patients with appropriate resources, and create next steps upon discharge.

Future Funding

Crisis is no stranger to the Emergency Department (ED). On average, over 17,000 community members visit the ED each year. A rising number of patients who go to the ED need mental or behavioral health support to address substance abuse, schizophrenia, homelessness, anxiety or adult and child protective service situations to name a few. Your abundant generosity enabled the Island Hospital Foundation Board of Directors to enthusiastically and unanimously commit to funding a social worker in the Emergency Department to serve patients needing behavioral and mental health support. In January of 2020, Jeremy Caplan, MSW, was hired to begin serving patients in the Emergency Department.

Jeremy Caplan, MSW, serving a patient in the Emergency Department.

Hope in Many Forms

When Battling Cancer, Maintaining Hope is Key

Hope comes in all shapes and sizes for those battling cancer. For some, hope is found in something as small as a kind note. For others, hope lies in hearing the word, 'remission.' You have given hope in many forms to local cancer patients through Oncology Medical Relief grants which help offset costs associated with medical supplies, medications, transportation, counseling and other needs that arise because of a cancer diagnosis.

Cancer treatment can affect all aspects of life. It is often a total disruption – family life, employment, community involvement, activity, are all affected. Some cancer patients feel too ill to go to work. Not being able to work or working less than normal makes paying for food, gas or basic utility bills difficult. Even affording medication can be a challenge for some patients which is why your provision of extra financial assistance is so important!

The need ranges from one cancer patient to another. We'd like to introduce you to a few patients whom you have given hope. (Names changed to protect patient confidentiality.)

Steve

At one point in his treatment, Steve was too weak to walk from his home to the hospital for an appointment. You paid for a taxi service to take him to and from his appointment so that he could continue his treatment without disruption.

Susan

Susan was distraught because she couldn't afford cleaning supplies. A clean environment is vital during cancer treatment because many develop compromised immune systems. Your generosity provided the necessary supplies to maintain a clean home environment.

Ron

In the middle of his cancer treatment, Ron received an emergency shut off notice because he couldn't afford to pay his electric bill. You ensured Ron could keep his lights on.

Teresa

Teresa was a young mother with two young children at home. Her husband had a good job, but barely made enough to support the family. When she received the news that she had stage 4 breast cancer, her world was turned upside down. Treatment wouldn't be easy. Her doctor thought an oral chemotherapy treatment would be the best course of action. But, to qualify for the chemo pills, she needed approval from her dentist. Paying for the dental appointment was an unforeseen cost. In addition to her financial struggles, during her dental appointment she learned she needed a tooth pulled. She couldn't afford to have dental work done and pay for the chemotherapy that could save her life. You helped pay for her needed dental appointments.

Carrie, a mother of two young boys, received a medical relief grant while she received treatment for breast cancer at the Merle Cancer Care Center. The grant enabled Carrie to access self-care support resources. Your commitment to compassionate, local healthcare provided a means for Carrie to make a full recovery – physically and emotionally.

Oncology, Physical Therapy, and Therapeutic Exercises...

- Reduce pain, fatigue or edema
- Counteract diminished motion and strength
- Reduce scar tissue restrictions
- Improve impaired balance
- Lessen chemo-induced peripheral neuropathy
- Reduce infections and the risk of lymphedema
- Decrease post-op complications

The In-Between

You Empower Cancer Patients Between Diagnosis and Treatment

The 'in between' time, that time between being diagnosed with cancer and the start of treatment, can be agonizing. Waiting for treatment to begin can induce many unknowns, worries and concerns. Often cancer patients who receive chemotherapy or radiation experience extensive physical limitations during and after treatment, but the severity of these side effects can vary from patient to patient.

Your support for cancer care at Island Hospital empowers cancer patients to preemptively address possible side effects of treatment through prehabilitation physical therapy. Prehabilitation is the care-process that happens in between diagnosis and the start of treatment. It includes physical assessments that establish a baseline functionality level, identify impairments, and provide interventions that promote physical and psychological health.

Because of your support, physical therapists, Sheryl Kyllo and Amy Harrington, received specialized training in physical therapy techniques that specifically address cancer treatment related impairments. Potential impairments from treatment include, but are not limited to stiffening or tightening of tissue near radiation sites that can lead to pain or limited mobility, nerve damage that can cause balance or dexterity issues, extreme fatigue, swelling, and incontinence.

Addressing the possibility of these side effects before treatment begins can ease concerns and empower patients to manage their symptoms during and after treatment. As Harrington says, "The goal is to reduce the incidence and severity of impairments caused by chemotherapy or radiation during treatment by addressing them before they begin. It's preventative medicine." Having this knowledge before treatment begins equips patients with an understanding of what may come and empowers patients to manage and possibly alleviate the side effects.

Because of you, prehabilitation is available to all cancer patients in your community with a doctor's referral.

Your support for cancer care empowers patients to preemptively address possible side effects of treatment through prehabilitation physical therapy.

"Island Hospital has been so good to us.

They needed new equipment and so we tried to help."

— Marge Sargent
Island Hospital Volunteer
& Foundation Donor

A Legacy of Generosity

How a Life-Changing Injury Led to a Lifetime of Volunteer Service

A fresh layer of snow meant Christmas was almost here. John Sargent bundled up and set out to work building a home on Georgia Place in Anacortes. It was 1986. The neighbor's dog, Dingo, kept John company as he drove the tractor around the property. John paused to check the tractor's bucket. The next thing John remembered was being on the ground with several broken ribs and 11 pelvic fractures. The tractor's gears had engaged and rolled over him.

With no one to hear his cries for help, John laid there severely injured as snow continued to fall. Always one to think quickly, John used his belt to fasten a collar and attached his watch to Dingo. John hoped his clue would be found and help would come.

The dog eventually meandered home. When owner, Ole Lindbo, found John's watch attached to the Dingo's collar, Ole instantly knew something was wrong. Ole found John and sent for help.

John Sargent was reunited with his wife and kids at Island Hospital, where he stayed for two weeks while recovering from his injuries. John and wife, Marge, were so impressed with the care and kindness they received that, thirty years later Marge still speaks with fondness for the nurses and doctors, even the front desk volunteers, who cared for them while at Island Hospital.

Marge's experience motivated her to start volunteering at Island Hospital. At first she helped with clerical work, but over the years she could also be found assisting with cholesterol draws or the community relations department or calling patients to confirm appointment times. However, the majority of Marge's 10,000 volunteer hours was spent escorting patients to prepare for surgery and tending to families who were waiting.

Because Marge spent so many years serving the patients and their families in the surgery department, she was prompted by her kids to give a legacy gift - a donation that would help patients long after her tenure as a volunteer. "Island Hospital has been so good to us. They needed new equipment and so we tried to help."

Because of Marge's gift, a LigaSure device was purchased. The LigaSure device helps to reattach tissue during surgery with better accuracy and automatically adjusted heat reduces the impact of surgery on localized tissue ultimately improving patient recoveries.

What began as an unfortunate accident led Marge to volunteer 10,000 hours over a 30 year period and provide a legacy gift that will serve patients and improve their recoveries for years to come. It was an accident that, fortunately, led to years of service and a legacy of generosity for the wellbeing of your community.

The next thing John remembered was being on the ground with several broken ribs and 11 pelvic fractures.

Creating Miracles, Setting Records, and Saving Lives

You created miracle, after miracle, after miracle at the Gala of Hope, The Color of Miracles. Because of you, miracles will be made in your community through the record-setting gross amount of $740,121 raised for Island Hospital. The strong showing of support for the Emergency Department through the Heartstrings "Raise the Paddle" appeal was truly inspiring. Of the $740,121 raised, $470,208 was designated for new life-saving telemetry equipment. This equipment monitors the heart, respiratory system, blood pressure, and carbon dioxide levels. The new monitors also provide better analysis with quicker results, and include features the previous machines did not have such as the ability to perform EKGs from all rooms and independent patient monitoring from multiple locations. This needed equipment upgrade will save precious time in a department where every second counts. With over 1,300 community members visiting the ED each month, we are all touched by this critical resource. But, wait. There's one more miracle. Your generosity provided leverage during price negotiations and new telemetry equipment was also purchased for the ICU.

Staff happy to receive life-saving equipment.

Saving Lives Through New Equipment

You enhance patient care and support medical staff each time you update equipment and technology. You made it possible to purchase several pieces of critical new equipment, thus ensuring Island Hospital continues as a state-of-the-art medical facility. More important than simply having the latest and greatest, these upgrades save lives and improve patient outcomes.

LigaSure Generator

This cautery machine is used in surgery to stop blood vessels from bleeding. It can determine and adjust the exact amount of heat needed to seal the tissue area. The benefit to patients is that it significantly reduces blood loss during surgery in colorectal, gynecologic and urologic surgery which also improves patient recoveries.

LUCAS Device

Sudden cardiac arrest (SCA) can happen to anyone, anywhere, at any time. According to the American Heart Association, 1 in 7 Americans will die of sudden cardiac death. The LUCAS device is an easy-to-use mechanical chest compression device that helps lifesaving teams deliver high-quality, guidelines-consistent chest compressions to sudden cardiac arrest patients in the field, on the move and in the hospital.

Cause for Celebration

Empowering Patients to Thrive While Managing Diabetes

Celebration is rarely synonymous with diabetes. But, your generosity has given those diagnosed with diabetes in your community reasons to celebrate.

Did you know that 10% of the US population has diabetes and nearly 35% of the adult population are pre-diabetic? So when Mary Beth Robinson, MS, RD/LD, CDE, was hired in 2017, she set out to bring back the Diabetes Education Program and empower those in your community with diabetes make lifestyle modifications, ultimately improving their quality of life. To do this, however, Robinson needed funding to establish an accredited program.

Through your financial support, Robinson was able to receive additional training, as well as purchase educational materials for program participants. Following the guidelines set out by the Association of Diabetes Care & Education Specialists, the program was officially accredited in June 2019 and the first patients enrolled in October. Now that's something to celebrate!

The program entails group lectures, interactive sessions, and one-on-one meetings to empower patients to effectively manage their own diabetes. Patients who join the program work with Robinson to create a personal plan based on individual needs or concerns that focuses on seven self-care behaviors as a framework for health, including healthy eating, physical activity, blood glucose monitoring, taking medication, problem solving, healthy coping, and reducing risks.

10% of the US population has diabetes and nearly 35% of the adult population are pre-diabetic

Patients' health has been positively impacted by the program. Most patients have met or surpassed goals in all seven self-care behavior areas. Another reason to celebrate! "Whether the goal is to lower A1C by 1 point or 3, lose 5 pounds or 50, I celebrate it all," says Robinson. "No matter what the goal is, when it's reached, I celebrate."

Better health is always something to celebrate and you have given those with diabetes in your community the opportunity to celebrate better health and improve their quality of life!

Do you or a loved one have diabetes? Ask your doctor for a referral today!

Thank You

Anacortes Lions Club for your generous grant in support of the Diabetes Education Program.

The 7 Point Framework for Health

1. Healthy Eating
2. Physical Activity
3. Blood Glucose Monitoring
4. Medication Management
5. Problem Solving
6. Healthy Coping
7. Reducing Risks

Skagit Sun Berries

Don Kruse, owner of Skagit Sun Berries, has been kindly donating a portion of berry sales from his stand in Anacortes to the Island Hospital Foundation since 2011. Skagit Sun donated $6,425 in 2019 and has given over $51,300 to help support Island Hospital and its commitment to community health.

Community Suppo

Anacortes Cancer Walk

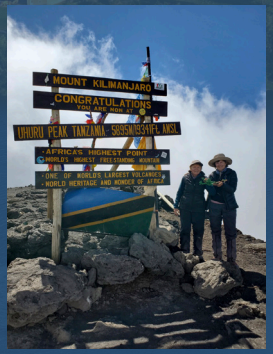
Your Story Foundation, founded by Anacortes resident Karla DeCamp, coordinates the Anacortes Cancer Walk each summer to raise money in support of local cancer patients. Ten teams and 50 businesses or individuals participated in the 2019 walk to raise an incredible $21,447.17. These funds will provide relief grants to cancer patients needing financial assistance for medical supplies, medications, transportation and other needs that arise because of a cancer diagnosis.

Woodstock Music Festival

Skagit Woodstock Music Festival has been raising money to support cancer patients since 2009. A portion of the event's proceeds were dedicated to cancer patient relief grants at the Merle Cancer Care Center. In 2019, they donated $19,000 – the most in festival history!

orting Community

You put community in community hospital. These local organizations, businesses, and individuals set out to raise funds in support of the patients and programs at Island Hospital.



Climbing Mt. Kilimanjaro
for Pastoral Care Services

The Pastoral Care Services program and its volunteer Chaplains help Island Hospital fulfill its promise to "place your emotional and medical needs first and foremost." In September of 2019, Ruthanna Metzgar and Laurie Fakkema traveled to Tanzania to spend 10 days trekking up the 19,341 foot high Mt. Kilimanjaro with the goal of raising awareness and financial support for programs that make a difference in your community. They chose the Pastoral Care Services at Island Hospital as the beneficiary of their adventure.

Gifts from the Community

We gratefully acknowledge all the individuals, foundations, organizations, and corporations who made it possible for us to fulfill our mission and commitment to the health of our community.

$100,000 –$200,000
Anonymous
Jerry & Janice Barto

$50,000 – $99,999
Rotary Club of Anacortes

$25,000 – $49,999
Arleta Rae Allen
Anonymous
Coverys Community HealthCare
Marjorie Sargent
Terry & Sheri Tyson

$20,000 – $24,999
Anonymous
Larry & Molly Dutton
Jason & Robin Nye
Your Story Foundation

$15,000 – $19,999
Marathon Petroleum Corporation
*Vince Oliver
Skagit Woodstock Music Festival

$10,000 – $14,999
Barbara Allan
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Buer's Floral & Vintage
HRS/Intalere
John & Margarete Insull
Kiwanis Club of Anacortes, WA Foundation
Troy & Joyce Kunz
Bob & Sylvia Maxson
James & Marlene Niehaus
William & Wendy Rabel
Shell Puget Sound Refinery
Skagit Radiology, Inc., P.S.
James & Michele Tangaro
Duncan & Janis Wallace

$5,000 – $9,999
Anonymous (3)
Archarios Foundation
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Garrick Barr & Jamie Cromack
Howard & Lynn Behar
City of Anacortes
Matt & *Elise Cutter
Tom Decker & Nancy Wong
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$2,500 – $4,999
Terry & Janice Altomari
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*Gifts from our employees

We thank and honor our employees who have gone beyond their daily endeavors to invest in their workplace by providing healthcare through their giving. An asterisk marks Island Hospital employees who have generously contributed back to our patients, programs, and community.

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Betsy Rogers
Andrew Tupper
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$1,000 – $2,499

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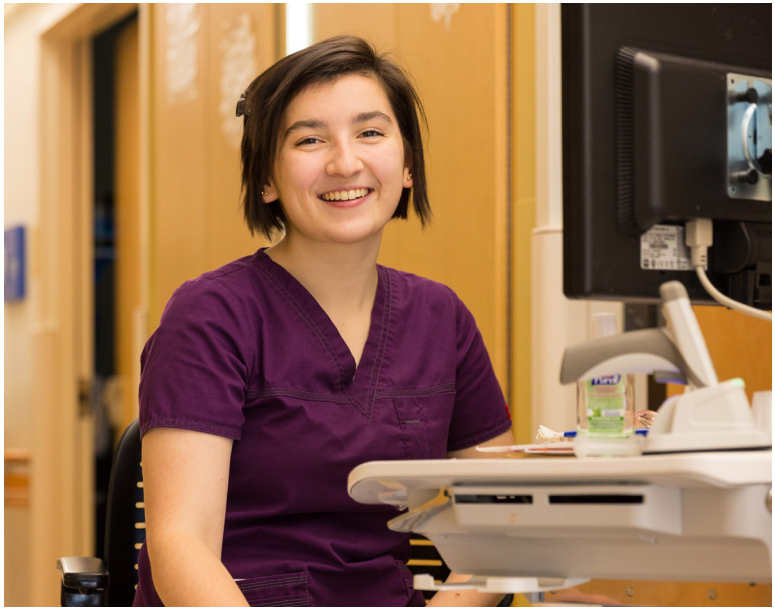

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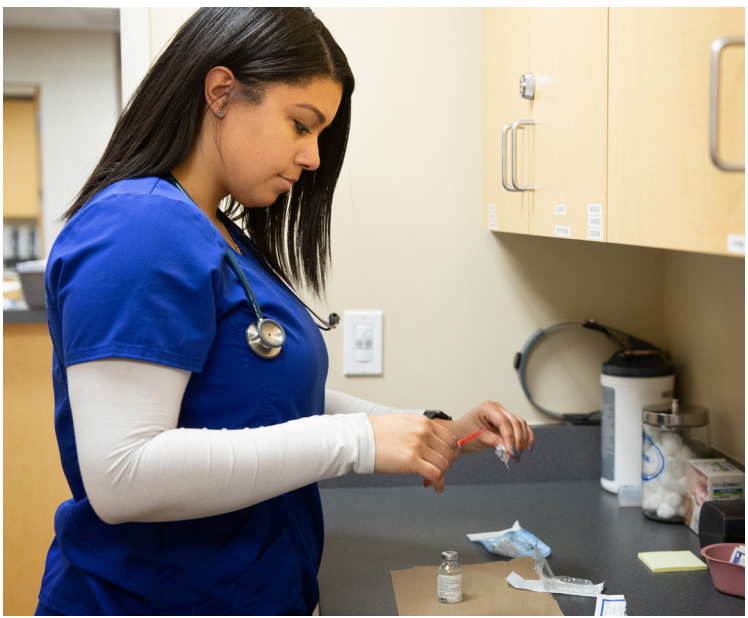
John & Betty Wozniak
Kris Yaun
William & Gloria Yuschalk

$250 – $499

Anonymous (6)
Jeanne Beezhold



Our Mission

To raise funds to support Island Hospital and its commitment to community health.

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Justin and Kali Berg
Donald & Mindy Black
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*Hope Campbell
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Our Vision

Through community engagement, we provide financial support to Island Hospital and promote quality healthcare close to home.

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Claire Zimmermann

Gifts in Kind Donors

The following businesses & individuals provided non-cash gifts to support programs and events.

Anacortes Chamber of Commerce
Anacortes Community Theatre
Anacortes Oil & Vinegar Bar
Anacortes Waterfront Alliance
Anthony's at Cap Sante Marina
Apothecary Spa
Avalon Golf Links
Azusa Farm & Garden
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Vince & Kelli Lang
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Thrive Community Fitness
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Steve & Linda Wilhoit
Donald Winget & Constance Miller
Woodinville Whiskey
Ty Young

Gifts in Honor

Island Hospital Foundation has received gifts in honor of the following individuals.

Billy Alker
Alice Brooks
Paul Joseph Brown
Marcus Brown
Cecil B. Bunch
Daniel Casey
Bob & Camille Cisco
Jason Crawley
Barbee Cromack
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Jamie Cromack
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Yvonne Tollefson
Virginia
Duncan Wallace

Gifts in Memory

Memorial gifts provide a way for people to express their sympathy when words just don't seem adequate. These gifts also play an important role in enhancing the programs & services at Island Hospital. The following individuals were named with memorial gifts.

Norm Allan
Alice
Beulah B. (Boots) Anderson
Tom Batz
Robert Beebe
Wendland Beezhold
Claudette Benz
Sharon Berk
Doris Bird
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Lonny Heiner
Col. Richard "Dick" Iversen
Jim Kirk
My husband, Zane
Judith (Judy) McHarg
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Helen Wold
Dr. Herbert Zimmermann

Island Hospital Legacy Circle

When donors remember Island Hospital Foundation with a bequest in a will or estate plan, their legacy has a lasting impact on medical care that extends beyond their lifetime.

Rae Allen
Anonymous
Rita & Bill Billson
Dr. Harold & Martha Clure
Harold & Carol Harrington
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Rick & Meredith Machin
Anita & Dale Neifert
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Estate of Harold Mousel
Estate of Fran & Ann Olsen
Estate of Grace Rydberg
Estate of Doris Schmitt
Estate of Helen Spitz
Estate of Frances Svornich

Community Grants for a Community Hospital

Thank you Rotary Club of Anacortes for your support of the Behavioral Health Intervention program in the schools.

We would like to recognize the businesses and organizations who generously contributed community grants to Island Hospital Foundation. Together, as a community you ensure that the healthcare services and programs at Island Hospital are relevant to our community's needs and on the cutting edge of the medical industry.

Anacortes Kiwanis Sunrisers
Christ Episcopal Church
City of Anacortes Safety Grant
Coverys Community Healthcare
Fidalgo Island Rotary
Kiwanis Club of Anacortes
Kroger
Lions Club of Anacortes
Rotary Club of Anacortes
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Skagit Community Foundation
Soroptimist International of Anacortes