



YOUR

ISLAND HEALTH FOUNDATION UPDATE | Fall 2025



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*Building a healthier community.
Together.*

We're So Thank-FALL for You!

As 2025 comes to a close, our hearts are full of gratitude. Thanks to your generosity and belief in our mission, we've had an incredible year — opening the new Island Orthopedics and Barto Building Specialty Clinics, securing Gala of Hope funding for the da Vinci 5 surgical robot, and expanding vital services like school-based mental health, community paramedicine, health education, patient relief programs and more.

None of this would be possible without you — your time, your gifts and your commitment to the health of our community.

We're proud to support Island Health, recently honored for the **4th consecutive year with a 5-star rating** from CMS — placing us among the **top 6% of hospitals nationwide** for exceptional, compassionate care. This recognition belongs to every one of you who helps make this possible.

Yet even in a year of celebration, challenges lie ahead. The recent passage of H.R.1 ("One Big Beautiful Bill Act") will likely bring changes to federal healthcare programs like Medicaid and ACA subsidies. While the full impact is still unfolding, what's clear is this: **Foundation support will be more critical than ever** to protect access to care right here at home.

An example of this is our "Give the Gift of Health" Campaign which will fund the purchase of **three new ultrasound machines** that will greatly enhance patient care (see page 3). If you're considering a year-end gift, we hope you'll stand with us once again to support this important need.

Together, we've done so much — and together, we'll continue to care for Anacortes with strength, compassion and hope.

Thank you from the bottom of our hearts. You truly make a difference.

Daryl



Daryl Hicks
Board President
Island Health Foundation

ISLAND HEALTH FOUNDATION

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Foundation supports opening of Island Specialty Care “Barto Building”

Thank you to Jerry and Jan Barto along with many other generous donors, the Island Health Foundation was able to support the opening of Island Specialty clinic, home to Island Pulmonology and Island Urology.



FOUNDATION HOSTS YOUTH MENTAL HEALTH INFO NIGHT AT AHS



Shad Ali, MD
Psychiatrist

The Foundation hosted a special event on September 30th focused on mental health in our schools where Island Health Psychiatrist Dr. Shad Ali addressed the subject, “Is My Kid Ok?”

A child’s behavior is in fact a form of communication. And, it is driven by the need for an emotional connection. If we focus on understanding our children and their internal world, we can react constructively.

What Dr. Ali believes is the essence of good parenting:

Unconditional Love: In the words of the distinguished developmental psychologist Urie Bronfenbrenner: “... *in order to develop normally, a child requires progressively more complex joint activity with one or more adults who have an irrational emotional relationship with the child. Somebody’s got to be crazy about that kid. That’s number one. First, last, and always.*” Be crazy about your kid, it gives them wings.

Empathy: “*Caretakers must find a way to decenter from their own needs and focus on and respond to what the child is experiencing.*” All parents have needs, but how we prioritize those needs is essential to being a resource to our children rather than an obstacle to their development.

Self-Awareness: “*Children who encounter difficulties or become symptomatic create guilt and shame in their caretakers.*” It is totally normal to feel out of your depth as a parent, share this with others and get help.

Focus on the Relationship: “*The feedback mechanism between caretaker and child, in which both parties need affirmation and validation, is not restricted to infancy and early childhood.*” Relationships are healing. The better your relationship with your child, the better your child will do. ALWAYS focus on strengthening and acting in ways that are in service of your relationship with your child.

For more than 15 years, the Foundation has been funding mental health support in our schools. **Contact your primary care physician with any questions regarding mental health.**

Quotes in italics courtesy of: Ornstein, Anna. (2008). “Caretakers and the Sources of Their Dysfunctions; Therapeutic Implications. Annual of Psychoanalysis, 36(1):130-144

Island Orthopedics Opened and Thriving



Eric Secrist, MD
Orthopedics

“It has been a busy five months since we started Island Orthopedics. I am incredibly grateful to everyone at Island Health and the community at large for their support of the clinic as we get it off the ground. We have been blessed with a wonderful clinic team who’s tirelessly worked to improve our systems and build an orthopedic department that will be able to meet the needs of this

community. There is certainly a lot of work left to do but thus far we have taken care of over 2,400 patients in our clinic and performed surgery on many of them. Dr. Reem, Dr. Myers and myself are thrilled with the support we have received and eager to continue doing everything we can to provide orthopedic care close to home for the members of the community all three of us call home.”

Tech Talk with Island Health Chief Information Officer

Join Chief Information Officer Galina Gandy to learn about the latest technology improvements coming to Island Health. Topics will include artificial intelligence (AI), updates on our patient portal and TEFCA.



TEFCA is a nationwide system that helps healthcare providers securely share health records.

This class is offered both in-person and online.



Thursday, November 13



11 a.m.



Cypress Conference Room

Scan the QR code to register



This holiday season—please help us “Give the Gift of Health” to patients like Max and Mary



“I hope to be running into my 90’s” -Max Ramble

Meet Max. Max has always been a runner. Confident, steady, and strong, he’s logged miles across marathons, backpacking trips, and his favorite four-mile loop in Anacortes. Last summer, as Max turned a familiar corner, an uneven sidewalk caught his stride. He felt himself falling — palms scraping first, then face striking the concrete. When he lifted his head, he saw his two front teeth lying on the ground in front of him. Blood covered his hands and shirt. With grit and determination, Max gathered his teeth and walked himself 21 blocks, straight to Island Health.

Max arrived at the ambulance bay where luckily a nurse saw him and rushed to meet him, quickly wheeling him back for care. The team immediately set to work. **“I felt very safe there,”** Max says. **“The care was excellent and personal—**even the nurse who found me at the ambulance bay came back to check on me several times. I knew I was going to be fine.”

Max is back to running three times a week. He carries his phone now, and he’s more mindful of every step — but he hasn’t let the fall stop him from doing what he loves. He and his wife Janet say the experience gave them tremendous confidence in Island Health’s care. **“Good healthcare is so important as we age,”** Max shares. “Janet and I both agree — Island Health really came through and it reinforced our decision to support the Foundation.”



“Giving is my way of saying thank you.” -Mary Gleason

Meet Mary. After a serious fall left her with a broken pelvis, longtime Anacortes resident Mary turned to Island Health. **“I was scared and in so much pain,”** she recalled. “But, the moment I arrived at the Emergency Department, I felt like I was in good hands.”

Mary spent several days in the hospital and several weeks in Physical Therapy, where she says, “Every session felt like a step toward getting my life back.” Determined to stay strong, Mary joined Otago™, a fall-prevention class offered through Island Health. “Otago has changed my life,” Mary said. “It’s given me balance, confidence and a community of support.”

“I’ve been awakened to the many ways Island Health supports us,” Mary said. “I’ve contributed regularly to the Foundation, and I will continue to do so. Giving is my way of saying thank you for the care I’ve received and the care I know others will need.”

Mary and Max’s stories are a powerful reminder that a fall—or any medical emergency—can change a life in an instant. But with expert care, recovery is possible. And, it’s all made stronger by generous donors like you.

This holiday season, we invite you to give the gift of health—**and right now, your generosity can go twice as far.** An anonymous donor will match all donations, dollar for dollar, up to \$25,000 through December 31, 2025.

The Foundation recently received an urgent request from Diagnostic Imaging to fund **3 new Epiq Elite 3D Ultrasounds**, replacing outdated Siemens 2D equipment with advanced, high-definition technology that delivers clearer images, faster diagnoses and better outcomes. Your support will help ensure that every patient—whether facing a fall like Mary and Max, a stroke, a broken bone, a heart attack or any need for imaging—receives not just excellent care, but real hope.

Please give today and help us go from black and white to color and make a visible difference in patient care.

Comparison of Image Quality

Siemens Acuson SC: 2D Fetal Image	Philip Epid Elite: 3D Fetal Image

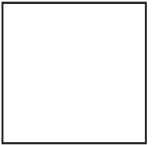


To make a one-time donation—and double your impact—in support of **new ultrasounds**:

- Mail your check to IHF - 1211 24th Street, Anacortes, WA 98221.
- Visit www.myihf.org to give online.



Or scan here




GALA OF HOPE

ESTD 2004

ISLAND HEALTH FOUNDATION

SAVE THE DATE

23rd Annual Gala of Hope
April 25, 2026
Swinomish Casino & Lodge

GRATEFUL PATIENT QUOTES

- I am so thankful to the wonderful staff at Island Health.*
- I now know why Island Health has a 5-star rating.*
- I believe the good care I received may have saved my life.*
- I genuinely appreciate the timely and professional care.*

Thank you

**to our 2025 Community Care
Partners for championing
healthcare close to home.**

Island Health Foundation recently hosted a...



Business Appreciation Event

Thank you to everyone who joined us for our Business Appreciation Event at Blackbird Wine Bar. It was a wonderful evening celebrating the incredible businesses who make a lasting impact on healthcare in our community. From Gala sponsorships to direct contributions, your support helps keep quality care close to home. We are deeply grateful for your partnership and commitment to strengthening local healthcare—and we were honored to raise a glass in your honor!

Thank you Blackbird Wine Bar for hosting us!



American Health Connection
Anacortes Lions Club
Anacortes Rotary Club
Banner Bank
Barrett Financial
Botesch, Nath & Hall
Bubba Sudz
Burton Jewelers
CarePayment
Chandler's Group
Christ Episcopal Church
Cigna Healthcare
ConocoPhillips Polar Tankers
Corebridge Financial
Corient
Crothall Healthcare
Dakota Creek Industries
Edward Jones - Troy Kunz
Evans Funeral Home
Farmers Insurance - Curtis Payne
Haven
Heritage Bank
HF Sinclair
IMA
inK Home Inspections
Karla DeCamp Photography
Keystone Construction
Kiwanis Club of Anacortes
Kiwanis Sunrises
Knights of Columbus
LabCorp

M.J. Murdock Charitable Trust
Marathon
Merchants Credit Association
Nantucket Inn
North Sound Oral & Facial -
Pardeep Brar, DMD
Ogden, Murphy, Wallace Attorneys
Parker, Smith & Feek
Pathnostics
Peoples Bank
Port of Anacortes
Quantum Construction
Rakan Alduaij Photography
Restorix Health
Skagit Radiology
Skagit Woodstock
Somnia Anesthesia
Sorooptimist International Club of
Anacortes
Team Health
Team Kelli Lang
Thomas Cuisine
Tradewinds Insurance
Vertical Images Northwest
Virginia Franciscan
Health Care Network
Western Washington Medical Group
Wipfli
Your Story Foundation

The Community Care Partner (CCP) Program offers businesses a meaningful way to support Island Health and invest in the future of quality healthcare. Call Pearle at 360.299.4962 to learn more about becoming a CCP.

**Our Mission: To raise funds to support Island Health and
its commitment to community health.**



To "Give the Gift of Health"
Scan here or visit
www.myihf.org/donation