



SAN JUAN COUNTY Public Hospital District No. 1

FALL 2022 NEWSLETTER



SJCPHD1

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Introduction from Nathan Butler, Superintendent

Nathan Butler currently serves as the Superintendent for the Hospital District, which functions in a similar fashion to the Chief Executive Officer of a company. Nathan's job involves overseeing the operation of San Juan Island EMS and Village at the Harbor by managing budgets, high level

employees, and ensuring that relations between community partners of the Hospital District are in good health.

In addition to Nathan's roles as the Superintendent, he also serves as the department head for San Juan Island EMS. He highlighted some of his main responsibilities, stating, "For EMS, I go on aid calls when needed, hire personnel, handle union negotiations, determine District investments, and otherwise manage the system. However, I do spend about a quarter of my time on non-EMS specific things, like working to expand long-term care, building budgets, or working with the Board of Commissioners and Village leadership."

"My work is varied and interesting and requires that I trust my management team. It is a small team for a large entity with multiple service lines, and one of the largest employers on the island. Village at the Harbor has Evan Perrollaz as Administrator, and Tina Smith as Assistant Administrator. Assistant Chief Thaddeus (T. J.) Bishop helps me run San Juan Island EMS. All are dedicated and work many extra hours in service to the public."

The Hospital District is fortunate to be led by a board of five commissioners, who we've chosen to spotlight in this issue of the newsletter. As a property-tax based system, it is vital that the community knows the Hospital District Commissioners to ensure accountability. Each commissioner brings their different backgrounds and perspective, but all represent the public in setting the goals and priorities of the District. They put in many uncompensated hours serving the public. The District has been very successful these last few years, and a big part of that is our Board of Commissioners!

EVERETT CLARY

Everett Clary has been a resident of San Juan Island for over 20 years. He loves waking up to the beauty of the island and being surrounded by the kind and accepting people who live here.

Everett ran for the position of commissioner because of his desire to give back to the community: "The people of San



Juan Island have been very good to me and my wife, so I felt it was time to give back to them and participate in what has been such a wonderful place to live".

As a commissioner, Everett is most passionate about long-term care: "People often find themselves in a situation where they need help with their healthcare. Help with healthcare is not just a matter of money, frequently it has more to do with availability and I am passionate about making healthcare (including long term care) available to those who need it."

Everett is extremely passionate about promoting topics



that matter to District residents and voters. He is very proud of the recent acquisition of Village at the Harbor and is looking forward to the future expansion of long-term care initiatives for residents of San Juan Island. He can be reached at clary@sjcphd1.org.

TRISH LEHMAN

Trish Lehman has worked in healthcare her entire career. She began working as a nursing assistant at the Convalescent Center in 1971 and has been serving the San Juan Island Community ever since. As a retired registered nurse, Trish has most recently been engaged in spreading awareness surrounding the importance of COVID-19 vaccines and administering them through San Juan County.



In her free time, Trish enjoys painting, journaling, road tripping with her husband in their converted 1962 Corvair Van, and officiating weddings. She noted that she was very "fortunate to have raised our three adult children here on the island with a spouse who devoted 20 years to being their full-time stay at home parent."

As Commissioner, Trish enjoys maintaining stellar EMS service for the community and working on the ongoing long-term care initiatives through the Hospital District. She is extremely proud of the recent acquisition of Village at the Harbor. Trish personally considers it the board's biggest accomplishment yet, which the District will use the will use as the basis for adding more beds, including Medicaid, and a home care agency. She can be reached at lehman@sjcphd1.org

GAIL LESCHINE-SEITZ

Gail Leschine-Seitz has lived on San Juan Island for over thirty years. She takes great pride in her community and is honored to be a healthcare advocate for the island both in her professional and personal life. Gail's full-time job is in helping the elderly population, so she brings considerable expertise to the Hospital District Board.



In her free time, Gail enjoys playing softball, hiking, and time with her family and pets. Gail noted that San Juan Island is her favorite place to be, mentioning that, "Waking up to the peace and abundance here is amazing. The community of people here are caring, creative, resourceful, and inspirational. I wouldn't want to be anywhere else."

Gail chose to run for the position of commissioner because being a commissioner is "having a vehicle for addressing some of the biggest needs in the county – there are a lot of unaddressed needs here; with our geographical isolation and limited resources, addressing complex needs is hard."

Her proudest accomplishment as commissioner is the acquisition of Village at the Harbor. Gail is looking forward to seeing the plans come into fruition for the Hospital District, such as improvements in home care, access to healthcare services, and prehospital care. She can be reached at seitz@sjcphd1.org

KYLE LORING

Kyle Loring is passionate about the Pacific Northwest, specifically the environment and conservation of land. As a lawyer, Kyle has had the opportunity to promote environmental and community interests, noting that he is extremely grateful to live on San Juan Island because there are many community members who show great commitment to, "the general welfare and betterment of our community."



In Kyle's free time, he enjoys a myriad of hobbies, his most important being, "coaching and playing tennis, spending time with my wonderful spouse and mischievous dog, and exploring dystopian fiction."

Kyle did not come to run for commissioner out of desire, but rather an urge to ensure that there was equal partisan representation on the Hospital District Board, noting that he wanted to guarantee that District operations were receiving "the detailed analysis to ensure that" we are providing "the best service possible for the tax dollars approved." Kyle also noted that he is never afraid to ask questions.

As a commissioner, Kyle is most proud of being able to make long-term care services available to everyone on San Juan Island. He is looking forward to the next phase of long-term care planning, which includes rolling out services such as home health care. He can be reached at loring@sjcphd1.org

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GET TO KNOW THE Hospital District COMMISSIONERS ~ continued from page 3

ANNA LISA LINDSTRUM

Anna Lisa Lindstrum is the longest serving member of the Board. She is a proud long-time resident who manages Duck Soup Restaurant. In her free time, she enjoys being surrounded by the natural beauty on the island by getting outdoors with her two dogs; she also enjoys caring for the community.



As Chair of the Board of Commissioners, she spends her time working with management to ensure that the objectives set by the board are being met. She regularly attends leadership meetings and makes it a priority to participate in budget planning, stating, "I've loved seeing our budgets come into balance!"

We've solved many longstanding issues with transparency. It makes me so proud when our state budgetary audits are on point and reflect the careful management by our Superintendent and leadership team."

Anna Lisa noted that she is most excited about the developments the Hospital District has made surrounding prehospital care, especially since San Juan Island is remote. She added that she is also passionate about access to affordable reproductive care, and that she's been "honored to be able to advocate for funding for our Planned Parenthood office here in Friday Harbor."

Anna Lisa is looking forward to future collaboration with the District leadership team on projects such as expanding into home care. She is also excited about the possibility of developing and improving services for children, vulnerable populations, and minorities. She can be reached at lindstrum@sjcphd1.org ■

Combined Management Update

VILLAGE AT THE HARBOR

Evan Perrollaz, Administrator

It is hard to believe that fall has arrived, and we are heading into the latter part of 2022. This year has been a whirlwind as we have fully integrated Village at the Harbor into the Hospital District. We are excited about the initiatives we are currently rolling out, and proud of the exceptional value we are creating for our residents and team members.

For starters, we have fully implemented our concierge program, with supported visits to medical appointments and shopping. Our newest van includes a wheelchair ramp ensuring that our limited mobility residents receive first rate service to get to and from medical appointments on scheduled days, as well as enjoying many of the scenic outings they were previously unable to participate in.

Secondly, we are wrapping up the approvals to launch our very own Home Care Aide training program. I am personally truly grateful that we will be able to focus our energies to provide hands-on, real-time training to our team members and ensure their unlimited growth as care providers. We have such a dedicated and passionate group of professionals that work here. Giving them additional resources and tools has been a dream for many years. We continue to work on team development with an eye towards the near future when we work to launch our Home Care Agency in 2023.

Lastly, I have been struck by how many conversations I have had recently with people that greatly support the work

we are doing. It is with absolute pleasure that I get the opportunity to work among so many great people from my team and the large contingent of outside professionals that we interact with. In a time when so much of our news is negative, it is refreshing and energizing to see the discussions and problem-solving that is taking place to ensure that our vulnerable population have access to all the resources needed to live their best lives. With renewed partnerships and cooperation among agencies, I have never been more confident in our future and look forward to being a part of it.

NOVEDADES DE VILLAGE AT THE HARBOR

Es difícil creer que haya llegado el otoño y que nos estemos adentrando en la última parte de 2022. Este año ha sido un torbellino, ya que hemos integrado plenamente Village at the Harbor en el Distrito Hospitalario. Estamos entusiasmados con las iniciativas que estamos poniendo en marcha, y estoy orgulloso del valor excepcional que estamos creando para nuestros residentes y miembros del equipo.

Para empezar, hemos implantado por completo nuestro programa de conserjería, con visitas asistidas a las citas médicas y a las compras. Nuestra furgoneta más nueva incluye una rampa para sillas de ruedas que garantiza que nuestros residentes con movilidad limitada reciban un servicio de primera clase para ir y volver de sus citas médicas, así como para disfrutar de muchas de las salidas panorámicas en las que antes no podían participar.



En segundo lugar, estamos ultimando las aprobaciones para poner en marcha nuestro propio programa de formación de auxiliares de atención domiciliaria. Estoy realmente agradecida de que podamos centrar nuestras energías en proporcionar formación práctica y en tiempo real a los miembros de nuestro equipo y garantizar su crecimiento ilimitado como trabajadores de atención a las personas mayores. Tenemos un grupo de profesionales tan dedicado y apasionado que trabaja aquí. Darles recursos y herramientas adicionales ha sido un gran deseo durante muchos años. Seguimos trabajando en el desarrollo del equipo con la vista puesta en un futuro próximo, cuando lancemos nuestra Agencia de Asistencia Domiciliaria en 2023.

Por último, me ha sorprendido la cantidad de conversaciones que he mantenido recientemente con personas que apoyan enormemente el trabajo que hacemos. Es un gran placer tener la oportunidad de trabajar entre tanta gente estupenda de mi equipo y del gran contingente de profesionales externos con los que nos relacionamos. En una época en la que gran parte de nuestras noticias son negativas, es refrescante y energizante ver los debates y la resolución de problemas que se están produciendo para garantizar que nuestra población vulnerable tenga acceso a todos los recursos necesarios para vivir lo mejor posible. Con la renovación de las asociaciones y la cooperación entre organismos, nunca he tenido más confianza en nuestro futuro y espero formar parte de él. ■

SAN JUAN ISLAND EMS

Nathan Butler, Administrator

San Juan Island EMS has accomplished many changes over the course of 2022:

- Completing an EMT class, adding about a dozen new volunteers to our ranks. Their energy and excitement add immeasurably to our agency
- Renewed our levy in February with fantastic public support
- Hired an Assistant Chief to add key management depth and expand training for responders
- Margaret Longley completed training with the Medic One / Harborview program and returned to our agency as a fulltime medic

In January 2023, San Juan Island EMS will be accommodating the consistent increase in call volume over the past few years by moving paramedics from on-call shifts to in-station shifts like staff EMTs. A paramedic requires a more advanced certification than an EMT, requiring at least a year of intensive training. Adding Paramedic Longley is essential to making in-station shifts work. This is because in-station shifts are more demanding than the current system, as they reduce shifts per paramedic by about 33%.

EMS has been adapting to being part of a larger District that does more things than just emergency medical services. Less exciting projects are also underway, such as rewriting a set of shared policies and procedures, strategic planning, new budgets, negotiating a new Collective Bargaining Agreement for 2023 – 2025, and more. In October, we held “Accountability Month,” ensuring that all of our staff received necessary training in HIPAA, public records, safety, and more.

We sincerely appreciate the public’s support, as we work together to care for our precious community.

NOVEDADES DE SAN JUAN ISLAND EMS

El EMS de la isla de San Juan ha logrado muchos cambios en el transcurso de 2022:

- Completar una clase de EMT, agregando alrededor de una docena de nuevos voluntarios a nuestras filas. Su energía y entusiasmo se suman inmensamente a nuestra agencia.
- Renovamos nuestra tasa en febrero con un apoyo público fantástico
- Contrató a un subjefe para agregar profundidad de gestión clave y ampliar la capacitación para los socorristas
- Margaret Longley completó la capacitación con el programa Medic One / Harborview y regresó a nuestra agencia como médico de tiempo completo

En enero de 2023, el EMS de la isla de San Juan se adaptará al aumento constante en el volumen de llamadas durante los últimos años al trasladar a los paramédicos de turnos de guardia a turnos en la estación como técnicos de emergencias médicas. Un paramédico requiere una certificación más avanzada que un EMT, lo que requiere al menos un año de capacitación intensiva. Agregar al paramédico Longley es esencial para que los turnos en la estación funcionen. Esto se debe a que los turnos en la estación son más exigentes que el sistema actual, ya que reducen los turnos por paramédico en aproximadamente un 33 %.

EMS se ha estado adaptando para ser parte de un Distrito más grande que hace más cosas que solo servicios médicos de emergencia. También están en marcha proyectos menos emocionantes, como reescribir un conjunto de políticas y procedimientos compartidos, planificación estratégica, nuevos presupuestos, negociar un nuevo Acuerdo de negociación colectiva para 2023-2025 y más. En octubre, celebramos el “Mes de la responsabilidad”, asegurándonos de que todo nuestro personal recibiera la capacitación necesaria en HIPAA, registros públicos, seguridad y más.

Agradecemos sinceramente el apoyo del público, mientras trabajamos juntos para cuidar de nuestra preciosa comunidad. ■



Bi-annual Report PeaceHealth Peace Island Medical Center



JANUARY 1, 2022 THROUGH JUNE 30, 2022



PeaceHealth Peace Island Medical Center (PIMC) is a critical access hospital and clinic located in Friday Harbor, WA, and the only hospital in San Juan County. It provides clinical and emergency care, as well as physical therapy, cancer services, lab services, and access to visiting specialists.

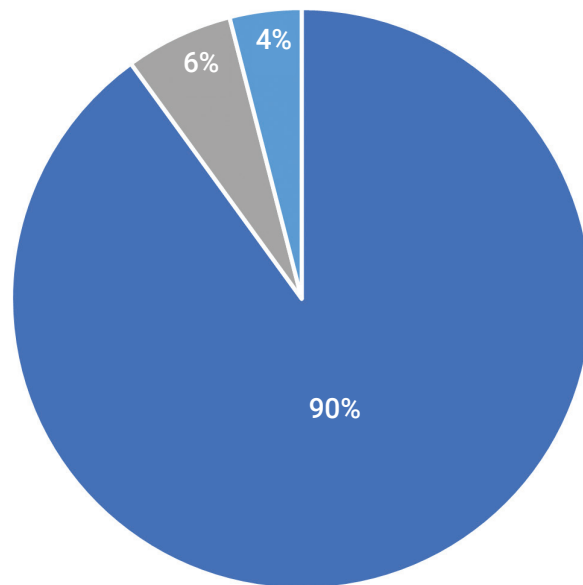
Approximately one-third of the revenues for PIMC are provided by a subsidy from San Juan County Public Hospital District No. 1. This money comes from taxpayers to ensure these services remain in our community and supports generous charity care programs for those who cannot afford services.

PeaceHealth provides biannual reports to the Hospital District Board of Commissioners. Included in this article are some of the key takeaways from the PeaceHealth's Bi-Annual Report spanning from January 1st through June 30th, 2022. The full report can be found on the Hospital District's webpage under "PeaceHealth Documents." ■

Patients

ORIGIN BY ZIP CODE

January to June 2022



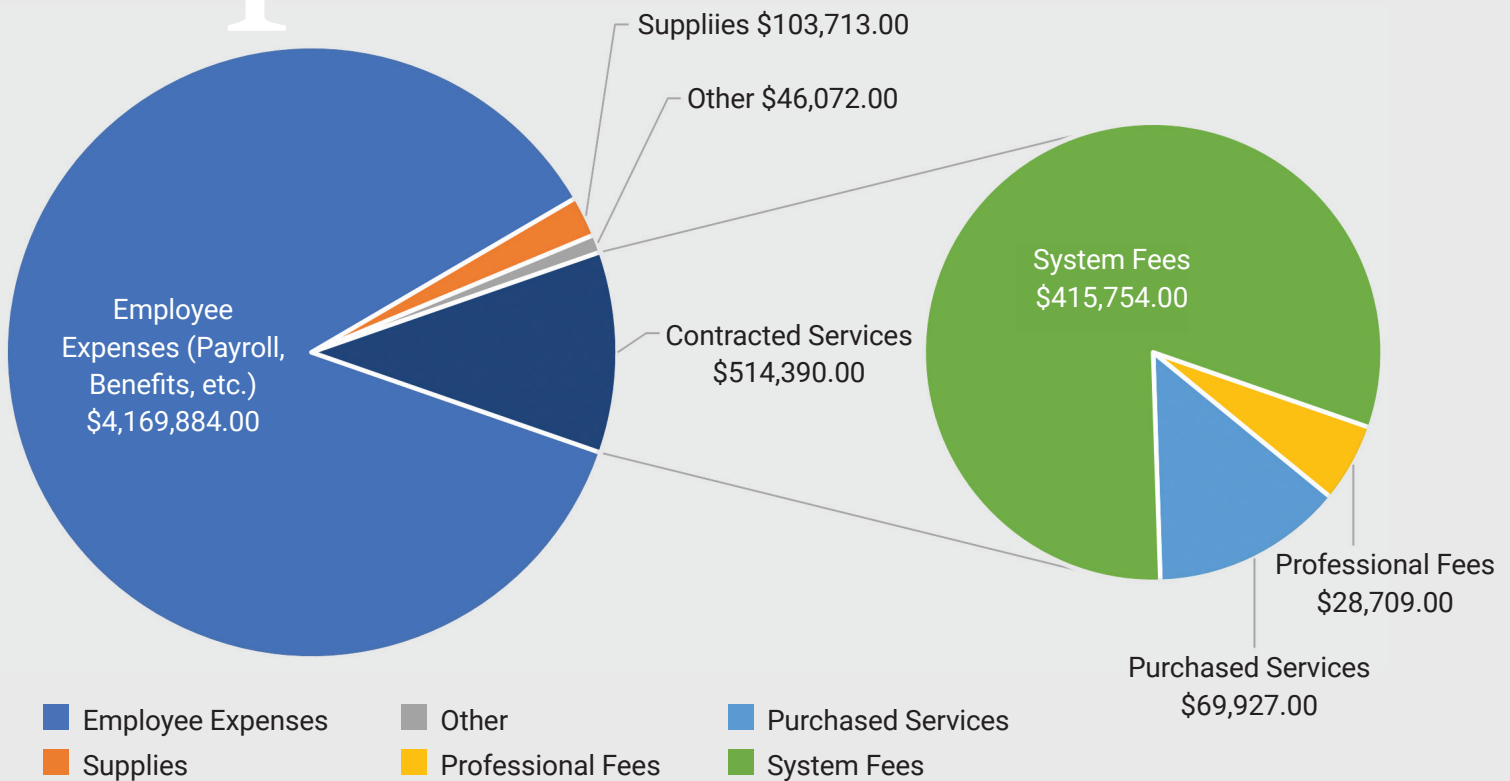
- San Juan Island
- Other Island in San Juan County
- Outside San Juan County





San Juan County Medical Center

Expenses



Patients Served	July-December, 2020	January-June, 2021	July-December, 2021	January-June, 2022
Clinic Visits	8,454	8,038	9,025	9,175
Emergency Room Visits	1,975	1,911	2,326	2,088
Inpatient Stays	78	60	79	82
Imaging Exams	5,474	5,369	5,674	5,651
Laboratory Tests	22,851	24,372	23,813	28,596
Outpatient Procedures	214	245	189	239
Cancer and Specialty Care	1,040	1,046	1,155	1,259
Urgent Walk-In Care	229	178	204	208





Heart of the Harbor

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Did you know Village at the Harbor offers **Respite Stays?**

For many residents of San Juan Island, a hospitalization or recent rehabilitation stay may leave you not quite ready to go home. Village at the Harbor offers one beautiful, fully furnished apartment for your recovery. Whether you've recently had surgery, are recovering from an illness, or looking for a temporary place for your grandparent, who is moderately handicapped or impaired, to stay while you're out of town, Village at the Harbor is the preferred destination for your short-term stay.

Respite care at Village at the Harbor is available for up to one month and is a suitable accommodation for individuals looking for assistance with daily living tasks on a short-term basis. Respite care residents have access to all of Village at the Harbor's amenities, including free homemade meals, laundry services, housekeeping, a nursing care team, care coordination with physical and occupational therapists, and regular activities and outings.

Agreements for respite care are daily and you are never locked into a contract. Rates are straightforward, with a flat rate of \$275 per day. Our short-term stays include a fully furnished apartment unit, an emergency call pendant for 24/7 access to our care team, personal care if needed, meals, activities, and health coordination.



For individuals concerned about the cost of short-term stays, grants and funding may be available under certain circumstances.

If you or a loved one is interested in short-term care services available through Village at the Harbor, don't hesitate to get in touch with us at 360-378-7144. ■



(360) 378-7144



We are Excited to Announce our New

Concierge Program!

The Concierge Program is designed to help residents successfully attend appointments and run errands on San Juan Island without having to worry about arranging transportation.

The Concierge Program was made possible through the recent purchase of our newest van, which is equipped to easily transport residents who use a wheelchair, walker, or cane. ■

An interview with Carol Breeden

Carol Breeden has never been afraid of an adventure or hard work; these were the first things I learned when I sat down to interview Carol on July 8th, 2022.

Carol was born and raised in Forsyth, Montana, a town one hundred miles east of Billings, Montana. She was raised on her parent's ranch with her two brothers. Carol spent every summer working hard on her family's ranch driving tractors, though she often reminisced throughout our conversation that she worked harder at getting distracted from her chores by going to the movies or getting ice cream with her brothers.

When Carol met her husband, they decided to move to Alaska to, "see what all the hubbub was about." Carol spent her first months in Alaska as a bush pilot, while her husband fished the off the coast of Alaska. Carol noted that during her adventures across Alaska, she had her fair share of encounters with dangerous wildlife, such as large bears.

After a while working as a bush pilot, Carol decided to settle down into a job as a banker. She continued to work at a bank until she and her husband decided to move to Friday Harbor, Washington to be closer to friends and family. When asked why she moved to Friday Harbor, Carol stated that she moved here because the weather was moderate, and the community was small. Carol and her husband built their house on San Juan Island by hand and lived there until Carol decided to move to the Village at the Harbor.

Since Carol has been a resident of the Village, she has enjoyed socializing and painting. Carol loves surrounding herself with memories of her adventures, and has paintings, photos, and memorabilia from Montana and Alaska throughout her apartment.

Thank you, Carol, for letting us interview you! ■





Lights & Sirens

FALL 2022

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Margaret Longley Graduates from Medic One School

San Juan Island EMS is proud to announce that Margaret Longley graduated from paramedic school at Medic One, located in Seattle, WA, on July 9th, 2022. Margaret's education was paid for by a generous grant from the Medic One Foundation, while a monthly stipend was provided by San Juan EMS to help cover living expenses.

When Margaret was offered the opportunity to pursue a certification in Paramedicine from Medic One, it was an easy choice for her, as she takes great pride in caring for the San Juan Island community. Margaret mentioned that "Training with Medic One in Seattle was incredible. I had unparalleled opportunities to learn from experienced clinicians in classrooms and hospitals and from Seattle Medics in the field."

Margaret has been a long-time volunteer at San Juan

Island EMS, with over sixteen years of dedicated service as an EMT-B. Margaret has an extensive medical care background and is a registered Physician's Associate (PA) with a degree from Duke University. She has worked in various emergency departments as a PA in Washington, and noted that she is looking forward to, "rejoining the amazing team of prehospital providers in San Juan County and continuing to care for the community" in her new role as a paramedic.

Agency leadership attended Margaret's graduation ceremony in July. T. J. Bishop, Assistant Chief of Operations and Training, noted, "Margaret adds significant depth of Advanced Life Support coverage to the citizens and visitors to our service area. We are extremely proud of her and very eager to see her back responding to calls with her new skill set."

Nathan Butler, EMS Administrator, commented that "The addition of Margaret at a Paramedic will make the transition to in-station shifts for paramedics possible in 2023. We are greatly looking forward to having her join our team of dedicated healthcare workers."

Congratulations, Margaret, on your graduation from Medic One! ■



Lainey Volk Receives National Award for Service to the San Juan Island Community



Lainey Volk was nominated and chosen for the "2022 EMS World/Dynarex EMS Caring Award," which is given to EMS professionals who show outstanding dedication to their community. This award is nationally recognized at the EMS World convention which took place this year on October 10th, in Orlando, Florida.

Lainey Volk has served the San Juan Island community as a member of San Juan Island EMS for over 32 years. She is currently the Director of Outreach and Community Paramedicine. Many members of the community may recognize her from the CPR, First Aid, and Basic Life Support (BLS) courses she teaches to the public at reduced rates through San Juan Island EMS. Volk's dedication to healthcare education plays a large role in the reason why San Juan County has one of the highest saves rates from cardiac arrest in the nation.

In addition to the educational courses Volk offers the public, she also directs the Community

Paramedicine section of San Juan Island EMS, which works with vulnerable community members to provide care coordination, injury prevention, and follow-up visits. Community Paramedicine provides grab bars, safety poles, medication dispensers, walkers, and car seats to members of the public.

T. J. Bishop, Assistant Chief of Operations and Training, nominated Lainey Volk for the EMS Caring Award. Bishop noted that, "She has trained thousands of health care professionals and community members, [and] indirectly contributed to saving countless lives in the San Juan Islands due to her love of community service and servant leadership."

Congratulations, Lainey, on your well-deserved recognition. Volk, along with two other members of San Juan Island EMS, traveled to the EMS World Expo in October to attend the event. Volk received her award in person, with all travel expenses paid for by EMS World. ■





San Juan Island
Emergency Medical Services
1079 Spring Street
Friday Harbor, WA 98250

ECRWSS
Postal Customer

PRSR STD
U.S. Postage
PAID
Friday Harbor, WA
Permit #9

FALL 2022



CPR & First Aid Classes Available at San Juan Island EMS

San Juan Island EMS strives to provide comprehensive and up-to-date emergency learning opportunities for our residents and surrounding medical professionals. We offer certified courses using nationally recognized organizations, including courses such as CPR, First Aid, and Basic Life Support Classes.

To register for a class, please call San Juan Island EMS at: 360-378-5152, extension 102 for Lainey Volk or 103 for Ryder Cuddington. You can also email Community Paramedicine at prevention@sanjuanems.org ■



BLS for Healthcare Providers	3-5 hours	\$30.00
Heartsaver First Aid	4 hours	\$45.00
Heartsaver First Aid CPR/AED	7-8 hours	\$90.00
CPR/AED Skills Exam Only	30-60 min	\$35.00
First Aid Skills Exam Only	30-60 min	\$35.00

