

From the Desk

of CEO Geri Forbes



As I reflect on the changes we've made at WhidbeyHealth over the past four years, I consider all the necessary steps a project of this magnitude requires for success. Key to our plan was to look at the ages of the population we serve and to identify potential gaps in care. As our island population ages in place, one large focus is to design and develop enhanced services for patients in the later phases of life.

This is one of the many reasons why we are passionate about offering accessible, Palliative, Hospice and Bereavement Care to our community. (See this issue's cover story.) We want everyone to understand that end-of-life planning is an important aspect to living well. Choices need to be made, while you or your loved ones are still able to make their wishes known. These are often challenging conversations, but we encourage you to have them with those you love.

Also in this issue below is a focus on education with our "Your Good Health" talk series now being offered in our new, state-of-art Robert and June Sebo Health Education Center. Classes on Advance Directives or how to improve one's quality of life, while living with chronic conditions, such as diabetes, incontinence or IBS, are offered by our providers and will supply you with good information for free. Our goal is to continue to offer programs for all phases of life as we expand our education calendar.

Please know that, as we continue to support your health and wellness needs no matter what stage of life you're in, we encourage you to make choices, plan, educate yourself, develop a steady schedule with your Primary Care Provider — all these things will help you to optimize your health and wellness throughout your lifetime. And remember, living, even with a serious illness or at the end of your life, is all about choices.

Finally, please know that all of the dedicated, caring team members at WhidbeyHealth are here for YOU.

Geri Forbes

Your Good Health Talks

Nutrition for Health

Wednesday, April 3 • 2-3 p.m.

Instructor: Maggie Schuster,
Registered Dietitian

"Understanding and Managing Irritable Bowel Syndrome"

Wednesday, April 3 • 5:30-6:30 p.m.

Instructor: Alison Katus, ARNP;
WhidbeyHealth Primary Care Freeland

"Bladder Matters"

Monday, April 29 • 5:30-6:30 p.m.

Instructor: Amy Arisco, MD; Skagit Regional
Clinics Oak Harbor, Urology Services

Nutrition for Health

Wednesday, May 1 • 2-3 p.m.

Instructor: Maggie Schuster,
Registered Dietitian

"Coping with Grief and Loss"

Tuesday, May 21 • 1:30-2:30 p.m.

Instructor: Allison Krizner, MA,
Bereavement Coordinator for
WhidbeyHealth Hospice Care

"HIPAA 101: Safeguarding Your Medical Information"

Wednesday, May 22 • 5:30-6:30 p.m.

Instructor: Debra Tesch, WhidbeyHealth
Manager of Health Information Services
and Jake Kempton, JD,
WhidbeyHealth Privacy Officer

"Decision Points: Alzheimer's and Dementias"

Thursday, May 30 • 10-11 a.m.

AND 5:30-6:30 p.m.

Instructor: Carla Jolley MN, ARNP, AOCN,
CHPN, Certified Palliative Care NP
Please RSVP: 360.321.1379

Robert and June Sebo Health Education Center • WhidbeyHealth Medical Center (lower level)

These lectures are free and open to the public. Please take Birch St. and park behind the café.