Whether you think you can
or you think you can’t, you’re right.
—Henry Ford

Welcome to the new year! Traditionally, right after the holidays, many of us declare our intentions for the next 12 months. With these resolutions, we set lofty goals and start off full steam ahead to change our lives. However, within weeks, most of us have reverted to our pre-holiday habits and feel like change is just out of reach—again.

If you want to make lasting changes to your health this year, PeaceHealth would like to suggest a new approach: a health makeover. Makeovers are a fun way to improve yourself. While sprucing up your wardrobe or getting a new look at the salon can help you feel good, applying this makeover approach to your health can result in vitality that you enjoy for years.

Mind makeover. If you start the new year thinking you have a long way to go with your nutrition, exercise, and making healthy choices, you are subtly reinforcing the idea that you can’t be a healthy person. Negative thoughts can make it harder to achieve your goals.

To combat this inner messaging, start thinking healthy. This involves calming your mind and body and reframing how you talk to yourself. Instead of thinking, “I can never have dessert,” try reframing your thoughts to be more nurturing—for example: “I can have dessert occasionally if it is part of my eating plan.”

Healthy you. Once you have started thinking in a healthier way, you may be amazed at how quickly you can start using those positive thoughts to support your top health goals. Whether your priority is improving nutrition, managing a chronic condition, or kick-starting an exercise plan, your healthy thoughts can help you achieve your goals.

Kick resolutions to the curb

To support you in your ongoing health makeover, PeaceHealth has created a new program called Healthy You. Learn more and sign up for tips in your inbox at www.peacehealth.org/healthy-you.
Don’t let joint pain slow you down!
If pain in your spine, hips, or knees is keeping you from doing the things you love, it is time to make a change. Join us for a free class filled with tips and tricks for arthritis management. For more details, see the calendar on page 7. Call 360-788-6024 to register today.

Orthopedic services expanding
Care for your bones now close to home

DURING A ROCK-CLIMBING ADVENTURE, Tami Mikkelson, of Bellingham, knew as soon as she fell that she had a serious injury. Her ankle was smashed and her foot out of place. She was delivered to the PeaceHealth St. Joseph Medical Center Emergency Department (ED), where Warren Taranow, DO, of PeaceHealth’s Center for Orthopedics and Sports Medicine, was on call.

Tami was warned in the ED that it could take several surgeries to repair her ankle. However, Dr. Taranow was able to reconstruct her shattered ankle in a single operation.

As a mother of four, Tami felt it was important that she could begin healing as soon as possible. She also appreciated Dr. Taranow’s demeanor.

“He was compassionate and reassuring,” says Tami. “And he told me he was excited to ‘get in there and fix it.’”

Tami was able to get this vital orthopedic care in her home community at the time she needed it.

Now those in Lynden, Sedro-Woolley, and the San Juan Islands also enjoy that same convenient access. PeaceHealth hired Jeffrey Krusniak, DO, in fall 2014.

Dr. Krusniak provides a wide range of orthopedic services for bone and joint injuries and conditions, including fracture management, arthroscopic surgery and arthritis care for patients at PeaceHealth United General Medical Center in Sedro-Woolley and PeaceHealth Peace Island Medical Center in Friday Harbor.

While patients are able to remain in their home communities for much of their orthopedic care, Tami says it’s good to know that orthopedic surgeons are always on call at PeaceHealth St. Joseph—in case an adventure goes awry.

We’re building a Health Care Team for you
FAMILY MEDICINE, or primary care, is changing. And that’s a good thing.

Soon, patients will no longer feel alone or adrift in the health care system.

To improve each person’s experience and health care outcomes, PeaceHealth Medical Group is piloting a new program called My Care Team in three practices: pediatrics, internal medicine, and the Center for Senior Health.

According to PeaceHealth Medical Group’s Will Underwood, who was part of the team in Washington, D.C., that incorporated this practice into health care reform, the new model includes:

■ A team approach to health care that has nurses, medical assistants, and support staff along with a physician or provider working with each patient
■ Connection to community resources via PeaceHealth Medical Group social workers
■ Improved information and communication processes so that patients know when they are due for tests or specialized care and how to manage their chronic conditions
■ A seamless and integrated continuum of care from nurse, physician, specialist, laboratory, and hospital

Underwood says that the goal of this new model of care is to educate individuals about their health care choices and decisions, help them manage their own health and wellness and navigate the world of health care, and reduce their health care costs.

While the shift to the My Care Team model of care is still a work in progress, Underwood is encouraged. “I have been surprised by the passion and commitment of PeaceHealth caregivers to provide that level of care,” he says. “I have not seen that same level of dedication at many of the top-performing places where I’ve worked.”
Cardiovascular care grows over 20 years

Before Cardiothoracic Surgeon James Douglas Jr., MD, arrived from Duke University Medical Center a couple of decades ago, community members who needed heart surgery had to leave home to get it.

Since Dr. Douglas performed one of the first open-heart surgeries at PeaceHealth St. Joseph Medical Center in July 1994, access to a range of heart-related services has expanded for those in Whatcom, Skagit, and San Juan counties.

The Cardiovascular Center at PeaceHealth St. Joseph now includes a team of cardiologists, surgeons, nurses, technologists, wellness and rehabilitation therapists, and certified volunteers to provide comprehensive and holistic care.

Cardiologists diagnose problems of the heart and blood vessels and treat heart disease. Cardiothoracic surgeons perform open-heart surgery as well as minimally invasive procedures. Vascular and endovascular surgeons focus on arteries and veins, including the treatment of aneurysms.

People who require surgery may be visited by Mended Hearts volunteers, the self-described “been there, done that” team of former heart surgery patients who listen, share, encourage, and engage.

From a high school principal to a business owner who didn’t think beyond his next triathlon, many who were surprised by their own cardiovascular needs are now accredited volunteers with a heart for serving others.

“There is no more important or intimate conversation,” says Mark Oulette, of Mended Hearts. “We talk with people who are on the edge of life—at the beginning of a new, rich life.”

The transition to a new and healthier life may begin after surgery, working with Cardiovascular Wellness and Rehabilitation experts. A program of monitored activity, education, and support enables patients to gain strength, maintain an active lifestyle, and take charge of their heart health.

“Over 20 years, it has been gratifying to see tremendous advancements in the technology we use in cardiovascular surgery,” says Dr. Douglas. “It’s also wonderful for our community to have such comprehensive care provided by our cardiologists, surgeons, nurses, technologists, rehabilitation therapists, and caring volunteers.”

Why choose us?

Since the first open-heart surgery, in 1994, at PeaceHealth St. Joseph Medical Center:

- Advanced thoracic surgery and therapies became available, via Richard Leone, MD, PhD (in scrubs above)
- Mechanical Circulatory Support program opened under the direction of Cristy Smith, MD
- Stephen Waschke (center front in photo above) was the first patient fitted with a permanent ventricular assist device
- The average patient was 66 years old, the oldest in the mid-90s, the youngest a teenager
Tip the scales in your heart’s favor

TAKING A QUICK LOOK around you, and chances are you’ll immediately see a huge health problem: About 70 percent of American adults are either overweight or obese.

Those extra pounds can add up to big trouble. Too much weight raises the risk for heart disease—the number one killer in the U.S.

Heart disease includes conditions such as angina, heart failure, heart attack, and abnormal heart rhythm. Other weight-related problems—like high blood pressure, unhealthy cholesterol levels, and high blood sugar—also raise heart disease risk.

ASSESSING YOUR WEIGHT

To see if you weigh more than what’s healthy, check your body mass index. It estimates body fat using your height and weight. For an online calculator, go to www.peacehealth.org/healthy-you.

Waist size is also important. The greater the girth, the higher the risk of heart disease. To be healthy, a woman’s waist measurement should be less than 35 inches. A man’s should be under 40 inches.

A LIGHTER LIFESTYLE

Being overweight is dangerous, but shedding even a few pounds can make a big difference, says Eric King, DO.

“By losing just 5 to 10 percent of your body weight, you’ll begin to dramatically lower your risk of heart disease,” Dr. King says. In addition, you lower the risk of developing diabetes, arthritis and certain kinds of cancers.

To lose weight safely—and keep it off—you need the right amount of wholesome food and plenty of physical activity. For example:

- Gradually work up to at least 150 minutes of moderate-intensity exercise each week. That’s about 30 minutes a day, five days a week, of brisk walking, bike riding, or other activities you enjoy.
- Eat a variety of nutritious foods. That includes fruits, vegetables, whole grains, low-fat dairy products, and lean meats.
- Cut back. Reduce your intake of food and drinks that lead to weight gain, such as products with lots of sugar, carbonation or saturated fat.
- Watch the calories. Cut 500 to 1,000 calories a day, and you’ll likely lose a pound or two a week.

Work with your doctor to create a weight loss plan that’s best for you. Sticking with small, healthy changes over the long-term is likely to be more effective than trying quick-fix workouts or crash diets.

Q I have a bulge in my groin and lots of pain. Could this be a hernia?

A When an organ pushes through a weak spot in the wall of muscle and connective tissue in your body, the result is a hernia. This can happen in several places in your body—the groin, upper thigh, navel, and abdomen. All hernias are caused by a combination of pressure and an opening or weakness in the muscle. The pressure pushes the organ or tissue through the weak spot. Hernias can be caused by anything that increases pressure—for example, lifting heavy objects, coughing, constipation, or childbirth. Being overweight and smoking can also increase the likelihood of a hernia.

Schedule an appointment with your doctor if you think you have a hernia. Your doctor may recommend surgery to repair the hernia. Following this elective procedure, you will need to plan for a period of healing where you do not lift heavy objects or strain the area.

In Northwest Washington, PeaceHealth provides several locations for hernia repair. Depending on where you live, you may choose PeaceHealth St. Joseph Medical Center in Bellingham, PeaceHealth Peace Island Medical Center in Friday Harbor or PeaceHealth United General Medical Center in Sedro-Woolley.

Pat Franklin, MD
General Surgery
PeaceHealth United General Medical Center
2000 Hospital Drive
Sedro-Woolley, WA
360-856-7115

Natalie Weatherby, CNM
Certified Nurse Midwife
PeaceHealth Medical Group–Obstetrics and Gynecology
4465 Cordata Parkway, Suite C
Bellingham, WA
360-752-5280

Rachel Bishop, MD
Family Medicine
PeaceHealth Peace Island Medical Center
1117 Spring St.
Friday Harbor, WA
360-378-2141

Q I am newly pregnant, and my sister suggested I consider a midwife for my delivery. What do I need to know?

A Similar to medical doctors who specialize in obstetrics and gynecology (OB/Gyns), certified nurse midwives (CNMs) are trained health professionals who specialize in women’s health.

Both CNMs and OB/Gyns provide a full range of primary health care services to women of all ages, including gynecological checkups, family planning, preconception care, prenatal and postpartum care, and delivery. OB/Gyns are also licensed to perform surgical procedures.

Seeing a midwife for care during your pregnancy can be a good choice for many moms-to-be. If there are no complications with your pregnancy, a staff midwife will be available to deliver your baby. With four midwives at PeaceHealth Medical Group in Bellingham, one midwife is always available to support you throughout the birth process.

For low-risk pregnancies, working with a CNM and delivering at a hospital birth center could provide you with the best of both worlds—high tech and human touch—when it comes to your baby’s delivery. If you would like to see a midwife for care throughout your pregnancy, call 360-752-5280 to schedule your appointment.

Q My family always gets sick after New Year’s. What can we do to stay healthy this year?

A Staying healthy during the flu season can be a challenge, but there are a few simple steps that can help keep you and your family healthy.

Get the flu vaccine. An annual seasonal flu vaccine is the best way to reduce the chances that you will get the seasonal flu and spread it to others. This comes as a regular-dose shot or a high-dose shot for people 65 or older. If you don’t like needles, it also comes as a nasal spray for people ages 2 to 49 who do not have asthma or certain other diseases.

Wash your hands often. Flu and cold viruses are spread when people touch something with the virus on it and then touch their mouth, eyes, or nose. Wash your hands vigorously for at least 20 seconds using warm water and soap, or, if soap is not available, use an alcohol-based hand rub. Cleaning and disinfecting surfaces that you and others touch often, such as toys and doorknobs, also keeps down the viral load.

If you do get sick, stay home from work or school if you can to prevent further spread of the illness. Cover your mouth or nose when you cough or sneeze. Throw the tissue in the trash after you use it, and then wash your hands.

Tour our Childbirth Center

Expectant mothers, including those opting for PeaceHealth Medical Group midwife delivery, are invited to tour the family-centered maternity and newborn care facility at PeaceHealth St. Joseph Medical Center.

The Childbirth Center includes private birthing suites, providing single-room care for the entire birth experience. Each suite includes a bathroom with tub or shower, TV, small refrigerator, and daybed for the father or other support person.

Visit www.peacehealth.org/childbirthcenter to learn more and register for a tour.

Same-day appointments

In Bellingham, PeaceHealth Medical Group now offers same-day or next-day appointments during regular office hours. If the doctor of your choice is unavailable, we can schedule you with another doctor.

At the PeaceHealth Medical Group–Cordata Main facility (4545 Cordata Parkway, Bellingham), participating clinics are pediatrics, family medicine and internal medicine. Call 360-738-2200. Participating at the Medical Office Plaza (3015 Squalicum Parkway, Suite 100, Bellingham) is the Center for Senior Health. Call 360-715-4186.

www.peacehealth.org
**PEACEHEALTH PEACE ISLAND MEDICAL CENTER**

**FREE Blood Pressure Check**
Where: ✯ Main lobby
Info: A blood pressure kiosk, conveniently located at the back of the main lobby, allows individuals to monitor their blood pressure for ongoing health and wellness.

**PEACEHEALTH UNITED GENERAL MEDICAL CENTER**

**FREE Appearance Center**
When: By appointment
Where: North Puget Cancer Center
Info: A service that offers cancer patients free wigs, hats, and appointments with a cosmetologist. Call 360-856-7588 to schedule an appointment.

**Community Cholesterol Screenings**
When: Fridays, 8 a.m. to noon (12-hour fast required.)
Where: ✯
Info: Cholesterol, vitamin D, and prostate-specific antigen (PSA) screenings available.

**FREE Mall Walk**
Where: Monday through Saturday, 7 to 10 a.m.
Info: Call 360-856-7245.

**FREE Children’s Grief Groups**
Where: ✯
Info: The Landing offers free support groups to any child who has experienced or is facing the loss of a friend or family member. Groups are available for youth from 3 to 18 years old. Call Meredith at 360-856-7615.

**FREE Healthy Eating Solutions**
Where: ✯
Info: Dietitian Barbara Sutton can assess eating habits and offer individualized solutions for healthier choices. Call 360-856-7293.

**FREE Medical Fitness Center**
Where: ✯
Info: Services provided by United General District No. 304. The expanded certified Medical Fitness Center on the United General Campus offers community memberships for all physical fitness levels. Reasonable monthly fees and personalized coaching are available to all members. For a tour of the facility and more information, call 360-854-0247.

**FREE Track Mall Walk for safe, comfortable walking.**
Where: Cascade Mall, Burlington
Info: United General sponsors the Inside Track Mall Walk for safe, comfortable walking. Call 360-856-7245.

**FREE Children’s Grief Groups**
Where: ✯
Info: The Landing offers free support groups to any child who has experienced or is facing the loss of a friend or family member. Groups are available for youth from 3 to 18 years old. Call Meredith at 360-856-7615.

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**CHILD BIRTH**

**Childbirth Preparation**
Info: Several classes are offered, including Pregnancy and Childbirth, Preparation for Childbirth and Parenting, Childbirth Preparation Weekend, Understanding Birth eClass, and one-time classes of Breastfeeding (Basics and Beyond) and VBAC: Exploring Your Options. Co-sponsored by Bellingham Technical College. Call 360-752-8350 or visit www.btc.ctc.edu/takeclasses.

**FREE Childbirth Center Tour**
Info: Register online at www.peacehealth.org/childbirthcenter.

### SUPPORT GROUPS

**FREE Mended Hearts**
Info: For those who have had heart surgery or cardiac stents. To learn more, call 360-788-6928.

**FREE ICD Support Group**
When: Second Wednesday of odd-numbered months, 5 p.m.
Where: PeaceHealth Medical Group, 4545 Cordata Parkway, Conference Rooms 2 and 3
Info: Call Sue Moore at 360-752-5648.

**FREE Brain Injury Support Group**
When: Second Wednesday of each month, 7 to 9 p.m.
Where: Call for meeting location.
Info: Call Mary Hughes at 360-548-8536.

**FREE Bellingham MS Self-Help Group**
When: Second Wednesday of each month, 7 to 9 p.m.
Where: Call Bonnie at 360-319-8511. Email bellinghamms@yahoo.com.

**FREE Caregiver Support Group**
When: Second and fourth Tuesdays of each month, 2 to 3:30 p.m.
Where: Rehab Conference Room
Info: Call 360-788-6410 or visit www.peacehealth.org/adultdayservices.

**FREE Grief Support Group for adults**
When: Tuesdays, 7 to 8:30 p.m., or Wednesdays, 2 to 3:30 p.m.
Where: ✯
Info: Open drop-in sessions. Call 360-733-5877.

**FREE Our TreeHouse**
Info: For grieving children, teens, and families. Call 360-223-6681.

**FREE Spinal Cord Injury Support Network**
When: First Monday of each month, 7 to 9 p.m.
Where: ✯
Info: Call 360-332-8484.

**FREE Peripheral Neuropathy Support Group**
When: Third Wednesday of each month, 2 to 3:30 p.m.
Where: ✯
Info: Call 360-676-0367.

**FREE ALS Support Group**
When: Second Thursday of each month, noon to 1:30 p.m.
Where: ✯
Info: Call 360-733-5222.

**FREE Gluten Information Support Group**
When: First Tuesday of each month, 7 to 9 p.m.
Where: ✯
Info: Call 360-734-4989 or 360-332-7435 or visit www.glutenfreeway.info.

**FREE Hepatitis C Support Group**
When: Third Monday of each month, 6:30 to 8 p.m.
Where: Health Support Center, 1212 Indian St., Bellingham
Info: Call 360-671-6181 or 360-733-6714.

**FREE Diabetes Support Group**
When: Second Monday of each month, 7 to 9 p.m.
Where: ✯
Info: Call 360-588-4142.

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**Health Support Center**
Info: A free support group for adults recovering from a medical, surgical, or cardiac event.

Info: Call 360-332-7435 or visit www.glutenfreeway.info.

Info: Call 360-332-7435 or visit www.glutenfreeway.info.

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**HealthyYou**
Sign up for our monthly e-newsletter at www.peacehealth.org/healthy-you.

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**Events Calendar**

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**Where is this class?**
Classes and events are at the following locations, unless otherwise noted.

= PeaceHealth St. Joseph Medical Center Main Campus, 2901 Squalicum Parkway, Bellingham

= St. Luke’s Community Health Education Center, 3333 Squalicum Parkway, Bellingham
HEALTH EMPOWERMENT

Diabetes Education
Info: People with diabetes will benefit from the individual care provided by the Nutrition and Diabetes Clinic nurses and dietitians. Cost is covered by most insurers, including Medicare and Medicaid. Call 360-752-5601 to register; physician referral required.

FREE Grief Relief for Women
Info: A group to help women who are grieving six or more months after a death move toward reconciling grief and discovering new life pathways. To schedule a preregistration interview, contact Whatcom Hospice at 360-733-5877 or jrobinson2@peacehealth.org. Groups forming in early 2015.

FREE Memory Teddy Bear Workshop
When: Saturdays, Feb. 7, April 4
Info: Build a keepsake memory teddy bear with clothing of your departed loved one. Contact Whatcom Hospice at 360-733-5877 or jrobinson2@peacehealth.org.

FREE Service of Memory
When: Sunday, May 3, 3 to 4 p.m.
Where: ▲
Info: A special service for remembering your loved ones who have died. Contact Whatcom Hospice at 360-733-5877 or jrobinson2@peacehealth.org.

FREE WAHA End of Life Choices: Advance Care Planning
When: Monday, Jan. 26, 6 to 7:30 p.m.
Tuesday, Feb. 24, 6 to 7:30 p.m.
Tuesday, March 10, 6 to 7:30 p.m.
Monday, March 23, 2 to 3:30 p.m.
Where: ▲
Info: Advance Care Planning is important for all adults. You will learn how to make your wishes known to loved ones and doctors and how to complete advance directives. Sponsored by the Whatcom Alliance for Health Advancement (WAHA). For more information, call 360-788-6594 or visit www.whatcomalliance.org/end-of-life-care.

Mindfulness-Based Stress Reduction (MBSR) Classes
When: Mondays, Jan. 19 through Feb. 16, 6:30 to 8:30 p.m., plus Saturday, Feb. 17, 1 to 5 p.m.
Info: $250-350 sliding scale includes all materials. Call 360-830-6439 or visit www.mindfulnessnorthwest.com.

NUTRITION

PeaceHealth St. Joseph co-sponsors cooking and nutrition classes with Community Food Co-op. Courses for the winter may include Anti-Inflammatory Essentials, Setting Up a Healthy Kitchen, and One-Pot Meals. To find out more, call 360-734-8158 or go to www.communityfood.coop/learn/classes.

CANCER CENTER

The PeaceHealth St. Joseph Cancer Center offers the following programs on a continual basis unless otherwise noted. Please call 360-788-8226. All classes and programs are held at the Cancer Center and are for patients of the Cancer Center, unless otherwise noted.

FREE Cancer Transitions
When: Quarterly; next session Wednesdays, Jan. 7 to Feb. 11, 5 to 7 p.m.
Info: A six-week educational course on the challenges cancer survivors may face. For people three weeks to two years out of cancer treatment. Health care provider permission and registration are required. Call 360-788-8226.

FREE Gentle Yoga for Patients
When: Mondays, 8 a.m.; Thursdays, 4 p.m.
Info: Offered by certified yoga instructor Holly Davidson.

FREE Healing Through Creativity
When: Wednesdays, 1:30 to 3:30 p.m.
Info: For those with cancer and survivors. All supplies provided.

Exercise and Thrive
When: Bellingham YMCA
Info: Patients at least 90 days out of cancer treatment can, with their doctor’s permission, participate in a 12-week fitness program. Call Tammy at the YMCA, 360-733-8630. (Enrollment fee includes a YMCA membership.)

FREE Brain Tumor Caregiver Group
When: First Friday of each month, 2 to 3 p.m.
Info: Hosted by volunteer Marianne Brudwick. Call 360-788-8220.

FREE Women’s Cancer Support Group
When: Mondays, 10 to 11:30 a.m.
Info: For all women, regardless of age or cancer diagnosis. Call 360-788-8220.

FREE Men’s Cancer Support Group
When: First and third Tuesday of each month, 3:30 to 5 p.m.
Info: For all men, regardless of age or cancer diagnosis. Call 360-788-8220.

FREE Friends and Family Support Group
When: Thursdays, 5:30 to 6:30 p.m.
Info: A place for information and support. Call 360-788-8220.

FREE Nutrition and Cancer Management
When: Third Thursday of each month, 10:30 to 11:30 a.m.
Info: Includes tips for managing treatment-related symptoms.

FREE Fit vs. Fatigue
Where: Bellingham YMCA
Info: PeaceHealth and the Bellingham Athletic Club team up to help those with cancer battle fatigue. If you are currently undergoing treatment, ask your doctor for a referral. Call 360-788-8220.

FREE Look Good, Feel Better
When: Second Monday of each month, 1 to 3 p.m.
Info: Offered with the American Cancer Society, this class focuses on skin and hair care. Cosmetic samples are provided. Registration is required.

FREE Mindfulness Meditation
When: Wednesdays, 11:30 a.m. to 12:30 p.m.
Info: Led by Lisa Harmon, LHM, therapist. Open to patients, survivors, family, and friends.

FREE QiGong for Patients
When: Thursdays, 12:30 to 1:30 p.m.
Info: Led by Kelly Williams, certified instructor. Recent studies suggest that QiGong may improve quality of life for people living with cancer.

FREE Friends and Family Support Group
When: Thursdays, 5:30 to 6:30 p.m.
Info: A place for information and support. Call 360-788-8220.

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Info: Led by Kelly Williams, certified instructor. Recent studies suggest that QiGong may improve quality of life for people living with cancer.

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Find cancer early, when it is easier to treat

According to the American Cancer Society, colon cancer testing should begin at age 50 or younger. Colonoscopy can find colon cancer and polyps that can be removed before they turn into cancer.

Talk with your doctor about when colon cancer screening is right for you.


Better Joints: Tips and Tricks for Arthritis Management

When: Tuesdays, March 3 and 10, 3:30 to 5:30 p.m.
Where: ▲
Info: A free, two-session class covers weight loss strategies; strengthening; and preventive care for those with spine, hip, or knee arthritis. We’ll also cover tactics for preventive care that may help you feel better and get moving again. The class is free, but space is limited. To sign up, call 360-788-6024.

= PeaceHealth St. Joseph Medical Center South Campus, 809 E Chestnut, Bellingham
= PeaceHealth St. Joseph Cancer Center, 3301 Squalicum Parkway, Bellingham
= PeaceHealth Peace Island Medical Center, 1117 Spring St., Friday Harbor
= PeaceHealth United General Medical Center, 2000 Hospital Drive, Sedro-Woolley
AN EVENING with Heart

When: Thursday, Feb. 26, 5:30 to 7:30 p.m.
Where: Skagit Valley Lodge and Casino
Info: Join us for an evening to celebrate women’s heart health. A cocktail party with heart! Fun, interactive presentations, appetizers, and hands-on education to keep your heart healthy. Tickets are only $15 each.

For more information, call 360-856-7245.

DONOR SUPPORTED

Your will makes a lasting difference

YOU KNOW THE old saying: Where there’s a will, there’s a way. We would amend it to say...
Where there’s a will, there’s a way to:
■ Make sure those you love have the care they need
■ Make a powerful statement about your values
■ Make a lasting contribution to your community and the charitable causes you hold dear

It’s not just the daily “will” we live out today, but the legacy we leave behind that makes a lasting difference.

You already know that PeaceHealth St. Joseph Medical Center takes great pride in meeting health care needs in a safe and compassionate environment. Generous private support has been a hallmark of our success since the earliest days of this hospital, thanks to visionary supporters who believed in laying the groundwork for exceptional health care on our behalf and for future generations.

Just like our founding supporters, you can make a permanent difference to sustain exceptional health care in our community by including PeaceHealth St. Joseph Medical Center Foundation in your will or trust. When you create or revise your will or trust, you may name PeaceHealth St. Joseph Medical Center Foundation to receive a fixed amount or a percentage of your estate. You can also bequeath personal property, such as a gift of securities, or leave an unrestricted gift that provides support for the most critical needs.

If you already have a will, it is easy to add a gift using a codicil or amendment. We can provide suggested bequest language and would be happy to work confidentially with you, your family, and your advisors to create a gift plan that best suits your needs, financial situation, and charitable interests.

If your estate plans already include a commitment to our Foundation, please let us know. Thank you for your generous legacy and vision!

Bequest donors Joanne and Harry Robinson (above left) and Brett and Amy Esary (above right).

If you are interested in learning how to include PeaceHealth St. Joseph Medical Center Foundation in your estate plans, call Anne Rasmussen at 360-788-6853 or email arasmussen@peacehealth.org.

HealthYou

We all strive to live a healthy life, but sometimes we need a health partner to help along the way. That’s why PeaceHealth has created Healthy You – a program just for you that offers helpful resources, information and tools to support you on your wellness journey.

Sign up for your Healthy You eNewsletter today!

PeaceHealth
www.peacehealth.org/healthy-you