



Health Matters

Winter 2013

Health and Wellness Information for Our Community



Clinic Hours

Lopez Island Medical Clinic is located in Lopez Village at 103 Washburn Place.

Clinic hours:
Monday–Friday,
8:30 am– 5:00 pm

To schedule an appointment, call 468-2245 during regular hours.

Medical emergency?
Dial 911.

www.lopezisland-medical.org/

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Getting Fit in 2013

Island Body and Fitness

Okay class, here's today's pop quiz question: what is the biggest benefit of regular exercise? Most of us think the answer is a no-brainer: losing the 5 (or 10) pounds hugging our hips or padding our paunch since the holidays. Surprisingly, some research now indicates that exercise also lifts depression, keeps the brain fit, improves your ability to learn, reverses effects of stress, builds self-esteem and actually gives your spirit a quantifiable boost.

Surprised?
Here's more.

Harvard Medical School psychiatrist John Ratey reports that just ten minutes of exercise provides a lift for the brain as well as the body: "Exercise is the single best thing you can do for your brain in terms of mood, memory and learning."

All great reasons to rekindle those New Years resolutions, slip on your Reeboks and see for yourself. Luckily, Lopez has a new gym in the heart of the village. Packed with city-style professional exercise machines, staffed five days a week by certified coach Kira Gates and offering a variety of goal-specific exercise classes, Island Body and Fitness is located in the old Village Market building.

"The gym is for all ages," explains owner/manager Aaron Dye. "There are guys here in their

20s and 30s pumping iron, doing free weights and blasting it out! We also have a guy who's 90 who does all the machines on the cardio circuit three days every week. Wow, I want to be working out when I'm 90! We're still starting out, but people are pumped. The more word of mouth gets out, the more they are trying us out."



Winning Attitude: Aaron and Arnold in the Free Weight Room

For years Lopezians have been exercising at the gym at the Islander Resort where large windows offer a smashing view of Fisherman Bay. Smaller in size, it caters to both tourists and locals and is open 24/7. Manager Kathy Casey adds that

their new swimming pool adds another physical fitness dimension. Both children and adults use the pool year round.

Other differences? "Island Body and Fitness has a full-time trainer on site," says Aaron. "It was important to us that our members get their questions answered when they're working out."

What exactly does his 4500 square foot gym offer? Three different exercise rooms and more than 40 machines purchased from a professional gym in Seattle. The free-weight room in the front of the building has flat benches, incline and decline benches, leg press, Olympic pull-up

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Getting Fit in 2013

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Busy morning in the Cardio/Circuit room

bars, squat machine, over 1000 lbs. of weights...and photo of a young, super-buff Arnold Schwarzenegger above the mirrored wall.

In addition to machines that work specific muscle groups, the Cardio/Circuit Room has treadmills, ellipticals, a stair climber, recumbent, stationary and spin bikes and a rowing machine. "The Group Fitness Room is for exercise classes, but individuals also use it to limber up, stretch, do individual yoga or trampoline workouts," says Aaron.

Finishing up her workout, Shari Ashbaugh walks up to join the conversation. "It's great to have this place," says the

long-time Lopez resident. "I had a stroke that affected my total right side. Kira spent time helping me with different exercises that I could do. She's been such a help! Now Dave and I are here 3 days a week, doing weights, cardio and 30 minutes on the elliptical." Aaron is obviously delighted with Shari's progress. "One day, Shari came to me after her workout, so excited. She'd added another minute to her routine. That did it for me. Starting a business is tough, but people keep me going. It's not just all the guys who come in and lift, it's Shari, too. Seeing the advances she's made is awesome."

The gym is open seven days a week. Hours: Monday through Friday, 6 am—7 pm; Saturdays 8 am—5 pm and Sundays 10 am—4 pm. Regular membership is \$40 per month with discounts for seniors, students (kids who earn a 3.8 GPA get one month free) and families. Seniors over 65 may qualify for free membership through the Silver Sneakers program offered by some health insurance providers. Ask at the desk if your plan qualifies.

Final thoughts? Aaron's enthusiasm and energy bubble up. "Gosh dang, we do whatever it takes to get people to their fitness goals! That's the big thing."

Can exercise really lower stress, upgrade a crabby attitude, untie emotional knots and unleash your inner athlete? There's only one way to know for sure. Give it a try!

Kira Gates: Feeling the Glow

Kira Gates flashes her snow-bright smile. "It's awesome to say I'm a certified personal trainer!" After 3 years of formal college training, Kira has earned the title and is raring to go. "I help with management, do orientation for new members, give private fitness training sessions for clients, teach exercise classes, a little bit of everything here."

Many of us know Kira from her 24 years behind the counter at Holly B's bakery. Has her life taken a permanent turn since she joined the staff of Island Body and Fitness? "I'll always moonlight for Holly, but it's very exciting to be here now!"

Do people have to be buff to come to the gym? "Oh no!" she laughs. "At any given time, there will be these big heavy-lifting guys on one side of the building, but there are all levels, all ages, all intensities on the other side working on cardio and taking classes." Others come to prepare for surgery or recover from an operation. "If you know you're going in for hip, knee or joint surgery, exercising beforehand can help, can put you ahead of the game."

The bulk of the gym's members are actually Baby Boomers plus a loyal younger following, 18 and over. Summer brings out the college kids.

Kira is one of a group of instructors offering classes at the gym. "I love encouraging people, then watching them make those gains. That's what it's all about: chalking up the goal, making another one, then keeping it going." Her joy is contagious. "This summer we hope to offer cross-fit workouts in our parking lot: a competition with rope swings, climbing, tossing tractor tires, an obstacle course for all ages and all fitness levels. The idea is: go out there, be active, move, have fun! We hope everyone will join us."



Kira Gates, personal trainer for Island Body and Fitness

Healing Hands on Lopez

Editor's note: This is the second of two articles featuring long-time staffers of Lopez Clinic

When it comes to physical therapy, Linda Bartolucci and Terri Drahn are Lopez Clinic's Dynamic Duo. Having job shared the position of Physical Therapy Specialist for over a decade, they have more than 25 years combined experience helping hundreds of Lopez patients.

The roads that led to their medical careers have interesting similarities.

Linda was just 15 when she began babysitting for a family whose daughter was born with cerebral palsy. Linda would accompany the mom to the daughter's medical appointments and found the child's physical therapy intervention fascinating. "I remember being amazed that just one hour of PT could influence how this little girl was moving." A second event also influenced her. "My brother had a motorcycle accident that left him with a severe head injury and physical impairments. Witnessing his PT was inspiring." Linda attended the University of Connecticut and graduated with her BS in physical therapy.

Terri's interest began at a young age, too.

"My sister, 16 years older, is a physical therapist. When I was 12, I would occasionally go on home visits with her. Even at that age I thought it was work I would like to do." Terri received her PT degree at Texas Women's University. After an initial stint of hospital work in Colorado, she joined the Peace Corps as a physical therapist in 1984 and was posted to Thailand. She describes the overseas experience as "often hilarious." Like the time a young Buddhist monk came in with a coconut injury. Coconut injury? A piece of fruit had fallen from a tall palm, striking his shoulder and leaving him in pain. The complication: in Thai culture, women are not allowed to touch a monastic man, so Terri had to get creative. She enlisted the help of her male assistant. "We got him fixed up just fine," she laughs.

In addition to their work at Lopez Clinic, Terri and Linda are finding ways to take PT into the community. Terri has given educational talks at the Senior Center on topics of

balance, staying fit, and how to keep the brain-body connection sharp. Linda is offering rehab classes at Island Body and Fitness. Her current class is an 8-week Pilates Rehabilitation class designed for people with low-back pain. More classes are in the planning stages. Both women are looking for ways to increase their PT presence at the gym. Linda: "The gym provides a central place for people to incorporate exercise into their daily lives. It's a good follow-up after PT at the clinic is complete."

Linda emphasizes how regular exercise boosts mental as well as physical health throughout a person's lifespan. "Sure! Exercise gets more blood into your brain and that makes people happier. At any age it improves cardiac and respiratory systems, bones and muscles, and the benefits don't stop. The elderly can certainly

build muscle and pump iron! It's always beneficial to keep moving. It's inspiring to see people out in the community who I've worked with at the clinic," she adds. "It's great to see a person shopping in the market who initially came to the clinic in so much pain they couldn't even lift a grocery basket. That feels good!"



Terri Drahn



Linda Bartolucci

"It's an honor to help others through their healing process," says Terri. "Pain can suck the life out of you, and it's wonderful to witness our patients moving into fuller living. For a short time people open their lives and let us in. It's a privilege to walk beside them as they regain their wholeness, their strength and function. What a great profession."

The Dynamic Duo wrap up by acknowledging the role of the entire Lopez Clinic staff. "Everyone is incredibly supportive of what we do, it's a great place to work," says Terri. "The nurses and the front desk support staff, Cathy, Dr. Bob and Jill, the numerous volunteers, everyone contributes," adds Linda.

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Goodbye Dear Friend

Carol Avent 1940-2012

It is with deep sadness that we report that Carol Avent passed away in December 2012 of pancreatic cancer.

Carol was known on Lopez for her deep love of nature, her spunky approach to life and her eagerness to pitch in and help with philanthropic causes. She lent her considerable talents to the Catherine Washburn Medical Association where she served as a board member since 2011. Carol's background as both an RN and a member of the teaching faculty of California State University in Fresno, were highly valued. "Carol's greatest strength on the board was her ability to ask insightful questions and keep asking until the issue was resolved. Her indomitable spirit was an inspiration to all of us," said board president Ron Shively.

Born in Cambridge, Massachusetts, on December 16, 1940, Carol obtained her MS in Nursing from University of Colorado. In 1966, she joined the faculty of California State University in Fresno where she met Jon Avent, a professor of Geology. The couple married in 1969.

Carol and Jon loved the outdoors: skiing, hiking, camping, bicycling and traveling widely. On

Photo by Jane Fox



Carol Avent

one such bicycle trip to Lopez Island in 1975, they purchased land overlooking Swifts Bay. After many summers camping on their Lopez land, Carol and Jon retired from teaching, built their dream home and became permanent Lopez residents in 2000.

Carol was well known on Lopez for her upbeat can-do energy. In addition to her work for the CWMA, she sat on the board of The San Juan County Preservation Trust and was an active member of the Lions

Club, Lopez Golf Club, bridge club and worked each summer on the Lion's 4th of July Fun Run. Carol and Jon took many service trips abroad. Over the years they did such things as help paint and clean up the Battleship Missouri in Honolulu and teach English in a village in Java, Indonesia. On one month-long trip, Carol worked in a clinic in the jungle of Ecuador, vaccinating and caring for all who came in.

Carol's memorial service will be May 30th at Lopez Golf Club. Contributions in her memory may be made to the Catherine Washburn Medical Association and/or the San Juan Preservation Trust Stewardship Fund.