



Health Matters

Summer 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/

Health Matters

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A Tale of Two Treadmills

Listening to Dr. Wilson talk about new clinic equipment is a little like watching bees swarming their hive. Buzzing with excitement, he zips from machine to machine demonstrating the clinic's state-of-the-art technology. Techno terms like spirometry, video intubation, miniaturized circuitry and i-STAT analyzer roll off his tongue like honey. A person can almost hear the molecules in his brain whirl in rapture.

While most of this data-sharing may be more than the average person can grok, Dr. Wilson's enthusiasm is contagious. Providing exceptional medical care is clearly his top priority.

How does the clinic acquire the high tech equipment that allows our medical staff to set the bar so high?

The answer may surprise you: 99% of the equipment inside the clinic's doors comes from donations.

Really?

"Absolutely," says Dr. Wilson. While Island Hospital provides the clinic's phones, computers, software and staff salaries, the rest comes from islanders, even the furniture in the waiting room. "Virtually everything in this clinic comes from donors," Dr. Wilson explains, "that includes almost all the medical equipment, our exam tables, X-ray machine, ultrasound, emergency room beds, the digital scale, everything."

While there are many ways to donate (see story on following page) occasionally someone is moved to make a donation for a really big-ticket item. Offering just such an example, Dr. Wilson and longtime Lopez resident Bob DiNicola share a story about how the clinic got its first, and second, treadmill.



Bob DiNicola with treadmill #2

Bob D: It was in 2000, I was in Chicago for a long weekend of meetings with the national Make-A-Wish foundation. For years I'd been getting this acid reflux thing. I was taking Tums, which usually worked. This time it was pretty bad. It was Tums all weekend long. When I got back to Lopez Sunday night, my wife Jeanne told me I didn't look so good. *What've you been doing?* she asked. *Eating Tums. Well, if you don't feel well in the morning, you should go see Dr. Bob.*

The next morning, after a 911 call and a trip in the ambulance, Bob found himself surrounded by EMTs in the emergency room.

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Photo by Robert Harrison

A Tale of Two Treadmills

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Photo by Robert Harrison

Bob DiNicola and Dr. Bob Wilson tell the story

Dr. Wilson took an EKG, compared it to Bob's previous records and did an exam.

According to Bob, Dr. Wilson couldn't find anything "out of whack."

Dr. Wilson: What have you been doing for pain?

Bob D: Taking Tums.

Dr. Wilson: How many did you take?

Bob D: A couple.

Dr. Wilson: A couple tablets or a couple rolls?

Bob D: A couple boxes.

Dr. Wilson: Boxes?

Bob D: Well, um, *several boxes*.

Dr. Wilson: That probably isn't helping too much!

These two tell the story like a Saturday Night Live sketch.

Bob D: I remember asking the Doc if I'd need some kind of an operation. He said that was a little drastic. *Tell you what*, he handed me a prescription, *go see Marge at the pharmacy and try this out. It's worth a try*. And you know what? It did the trick. No operation! Now I can drink coffee, a glass of wine, eat pizza ... and I save \$30,000 a year on Tums! Dr. Bob changed my life.

Dr. Wilson continues: Bob was lucky. We like to see things turn out that well. At that time, we couldn't tell for certain if we were looking at a heart attack without the right diagnostic equipment, which, in this case, is a treadmill. Bob dropped in a few weeks later looking 100% great. We started talking and he asked what we might need for the

clinic. He pulled out his checkbook and, just like that, wrote us a check for \$15,000. Within weeks we had our first treadmill, a Quinton. Wow!

But there's more to this story.

Dr. Wilson: Fast forward to 2012, we use the Quinton for years but now it's failing. Page Read comes in and fixes the electronics. Then it fails again. Despite Page's heroic efforts, the treadmill can't be resuscitated. I start doing research on getting a new one. Within a month, as if sent by angels, Bob here drops by and says he wants to contribute again. (Bear in mind, he's already making donations to the clinic every year.) I explained that we just wore out the treadmill he bought us. He asked how much a new one would cost and I told him somewhere between twenty and twenty-five thousand dollars. At that very moment, he pulls an envelope out of his pocket and hands me a check for exactly \$25,000. There it was: the clinic's new state-of-the-art treadmill.

The two men are grinning ear to ear.

Dr. Wilson puts his arm around Bob's shoulder: "Maybe you had a psychic connection with the old treadmill."

"Well, it does makes a good ending to your story," quips Bob, "I was just so happy to be able to come to the clinic in my car, not in the ambulance again. The fact is, all the clinic staff is great. They do a terrific, professional, caring job. If we can help in any way we're thrilled to have that opportunity."

Guide to Giving

Lopez Clinic exists because of our community's financial support. You can help. Whether yours is a one-time gift, annual membership donation to the CWMA, designation to one of the CWMA's investment funds, purchase of a specific piece of equipment from Lopez Clinic's "Wish List," or a bequest, your generosity makes a powerful difference.



If you are interested in purchasing a piece of equipment for the clinic, please contact Dr. Wilson at the clinic at 468-2245 or CWMA Board president Ron Shively at 468-3325. Both will be happy to discuss the clinic's current needs with you.

Saying Thanks

GratITUDE and generosity go hand-in-hand in our community.

Islanders are especially appreciative when it comes to the medical care they receive. Florence Wagner remembers the morning her husband fell and she had to call 911. "The EMTs were here within five minutes. The fire chief made it in less than that—three minutes—still wearing his pajamas! The care they gave Jack was fantastic."

That was two and a half years ago. Jack passed away shortly after the call. Florence has been delivering plates of homemade chocolate chip cookies every Tuesday night to the EMT and firefighter training meetings ever since. "It's my way of saying thanks," she says. "They were great to Jack and great to me."

Sally Reeve, treasurer of the Lopez EMT Association, wants islanders to know how much their appreciation means. "There are many ways people say thank you to us – a note, a donation, cookies, coffee gift certificates, a smile when you pass one of us in the grocery store. You should see the wall in our training room where we post all the thank you notes."

According to longtime Lopez paramedic Marty Clark, the most common response Lopez EMTs give to the question "*why did you become an EMT?*" is that it's a good way to give back to the community. Receiving kudos from those they help reinforces that contribution.



Cookies for the Crew: Florence Wagner brings a tasty thank you to the EMTs.

Equipment and training for EMT and firefighter volunteers is provided by Lopez Fire Department, which is fully funded by Lopez tax dollars. That said, financial thank you gifts help with purchases such as Rescue Annie (the EMT practice mannequin), a scoop stretcher, stethoscopes, thermometers, suction units, additional training, even energy snack bars—a necessity on those late-night aid calls.

And what about the fire chief arriving in his PJs?

"Florence is my neighbor," says Jim Ghiglione. "I knew Jack was sick and told her, if she needed something, anything, just call and we'd be there. When the call came on my pager, I jumped out of bed and took off. Some of the team thought it was funny, but I was presentable!"

Understanding the Lopez Clinic & Island Hospital Partnership

Under an agreement made in 1993, Lopez clinic and Island Hospital collaborate to deliver our medical care. It's an innovative plan giving Lopez islanders access to excellent mainland medical resources while maintaining a voice in their own healthcare. Lopez islanders own the clinic building, land and equipment, provide oversight and cover all capital expenses. Island Hospital leases the building, hires professional staff, pays salaries and oversees management of the staff.

Here's how it works: The Catherine Washburn Medical Association (CWMA) was founded in 1972 to build, then fund, our clinic. As a 501(c)3 non-profit organization, its purpose now is to oversee clinic operations on behalf of all Lopez Islanders. That means raising money for operational needs, providing stewardship for reserve funds, and planning for the future. An all-volunteer board runs the CWMA.

Islanders make donations in a number of ways. As noted in the lead story, sometimes patients, grateful for extraordinary care at the hands of our clinic staff, make a donation directly to the clinic.

Through the CWMA's annual fundraising campaign, islanders donate \$15 per individual or \$25 per household to become members of the CWMA. Five specific funds are in place to receive additional donations for building and grounds maintenance, medical equipment, expansion and emergencies, endowment funding and assistance for patients with financial need. According to Ron Shively, CWMA president, donations come in all amounts. "We have members who have been donating \$25 each year for 40 years. Others make gifts in memory of a family member or friend who has passed away. Sometimes people include us in their will. We need and appreciate every single gift. For me, it's important that we have as broad a base of donors as possible. With many, many islanders participating, we keep extraordinary healthcare right here on Lopez."

Health Matters

Catherine Washburn Medical Association
P.O. Box 309 • Lopez, WA 98261



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CWMA Board Members

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Joe Goodner

Charlie Janeway

Bob Myhr

Don Poole, Sr.

Bob Riggins

Bette Shuh

Do you have a Lopez medical story to share?

by Lorrie Harrison

Joe Goodner, CWMA board member, got the ball rolling.

He wanted to find a new way to honor folks who donate to the clinic. Suggestions bounced back and forth, one thing led to another and a fun idea developed: publish a hardback book acknowledging all clinic donors and featuring stories about Lopez medicine from the 1800s to the present day.

More like a Lopez family album than a formal history, it will include interviews, anecdotes, historical photos and a timeline. We're calling it a "casual history" because much of the material will come from islanders.

Thus the call for stories.

As the author, I'm looking for stories that your parents or grandparents may have told around the kitchen table. How did they deal with broken bones, wounds and childbirth with no doctor on the island? Don't be shy. If you don't have all the details, no worries. With many of us patchworking the story together, a good book will develop.

What about those who contributed time, energy, expertise and elbow grease to build the clinic? Those, plus contemporary stories, will be central to the book, too. We'll also draw on CWMA and clinic records, the Lopez Historical Museum and books by local historians.

We've got a strong development team. On the graphics side, Robert Harrison will be photographer and art director. Since the Catherine Washburn Medical Association is funding the project, we'll collaborate with board members Marty Clark, who was also Lopez Island's first paid paramedic, plus Joe and Charlie Janeway, both retired physicians.

Look for the book to be published early next year. A few copies will be permanently available to browse in the clinic waiting room. Another will be donated to the library and there is some talk of books being offered for sale if there is interest.

Each year an updated version will be published highlighting the names of that year's clinic and CWMA donors. Remember the almanacs that supplemented your family's set of World Book Encyclopedias each year? Same idea.

If you have a story to share or an idea you'd like to see included, please email me at lorrieharrison2@gmail.com or leave a phone message at 468-4428.

