

Catherine Washburn Medical Association
PO Box 309
Lopez Island, WA 98261

*****ECRWSS****
POSTAL CUSTOMER

Non-Profit
Organization
U.S. Postage
PAID
Bellingham, WA
PERMIT No. 114

A MESSAGE FROM FIRE CHIEF ADAM BIGBY



Lopez Island Fire and EMS (LIFE) is excited to announce its eight 2021-2022 EMT graduates: six for Lopez, one for San Juan, and one for Orcas. Paramedic Nicole O'Bryant also earned her Senior EMS Instructor certification, which allows her to be senior instructor for future EMT classes here on Lopez. A special thank you to Chief Corey Rux from Thurston County Fire District 13 for mentoring Nicole through this long process. Congratulations to all of our new EMTs!

Back Row: Paul Porath, Fletcher Wiltz (Orcas Fire), Craig McConnell (San Juan Fire), Nicole O'Bryant (Lead Instructor), Megan Crandell, Justin Hagge, Corey Rux (Senior Instructor).
Front Row: Andrew Robin, Renee Koplan, Chelsea Avery (hiding in the back is Mose the dog).

Together in Health

Catherine Washburn Medical Association
PO Box 309
Lopez Island, WA 98261

Lopez Island Hospital District
PO Box 976
Lopez Island, WA 98261

Lopez Island Fire and EMS (LIFE)
PO Box 1
Lopez Island, WA 98261

UW Medicine Lopez Island Clinic
103 Washburn Place
Lopez Island, WA 98261

HEALTH MATTERS 2.0

Lopez Island health-related news from CWMA, Lopez Island Hospital District, Lopez Island Fire & EMS, and UW Medicine

Spring 2022

MEET OUR NEW SUPERINTENDENT

As the year changed from 2021 to 2022, so did our Hospital District leadership. After four years as superintendent for both Lopez and Orcas Islands, Anne Presson moved on to fill a key role in another organization. We're grateful for Anne's passion, skill, and innovation and wish her well in her new endeavors.

Since January and with Anne's continued support, Renee Koplan has served as Lopez Island Hospital District Interim Superintendent, and we're pleased to announce she has accepted the permanent position, beginning in April.

Renee's varied background, including human resources, business administration, travel/tourism, and wildlife husbandry/rehabilitation, will ensure her success in this role. Before moving to Lopez sight unseen in 2014, Renee lived in six countries on three continents, and enjoyed contributing to her community wherever it was. Renee is an active volunteer with Wolf Hollow, the Marine Mammal Stranding Network, Islands Oil Spill Association and Lopez Island Fire Department, where she recently received her EMT certification. In her free time, Renee enjoys hiking the trails and exploring beaches with her partner and their two rescue dogs; playing tennis, knitting, and (after Covid) traveling. Renee welcomes your input and questions regarding healthcare services on Lopez. She will have office hours at 262 Weeks Rd, Suite B in the village starting in April.



Renee Koplan and Zandie



CAN YOU HELP WITH HOUSING?

We all know the lack of housing on Lopez presents a serious challenge for residents and businesses. Now with our new Clinic provider, Dr. Kim Dougan, joining us this summer, the lack is hitting close to home as she needs housing. If you have or know of an available rental (long term or temporary) or an affordable purchase option, please contact Lopez Island Hospital District (LIHD) Superintendent, Renee Koplan, at 360-622-2729 or rkoplan@lopezishlandhd.org. This need is ongoing, and LIHD will continue to work collaboratively with community partners to find appropriate housing for staff.

CATHERINE WASHBURN MEDICAL ASSOCIATION (CWMA)

CWMA's purpose, since 1971, is to assist in whatever way possible in the construction and maintenance of medical facilities on Lopez Island. We support the Lopez Clinic, Lopez Island Physical Therapy (LIPT) and Lopez Island Fire and EMS (LIFE). We also support a variety of medical-related services for our community and work with the Lopez Island Hospital District (LIHD) to ensure high-quality, island-appropriate care.

The Board of Catherine Washburn Medical Association (CWMA) profoundly appreciates Dr. Bob Wilson for his 25 years serving the Lopez Community as the primary care physician for the Lopez Clinic. Dr. Bob's amazing talents and wonderful sense of humor will live in the hearts and memories of the people of Lopez.

CWMA worked with the clinic to get the X-ray machine repaired so patients don't need to go off-island for x-rays. We have also worked out the details for full replacement of the X-ray machine and the equipment has been ordered. This is a major expenditure and there is a lot of complicated planning which must be done to accomplish the installation in the near future.

CWMA purchased and installed a new patient lift at the clinic to assist patients and staff.

CWMA is deeply grateful to Helen Cosgrove who has worked with us for many years to manage financial and membership records. We now introduce Alice Haefele to the position. Welcome, Alice!



Dr. Bob Wilson

LOPEZ ISLAND FAMILY RESOURCE CENTER

Last month LIFRC's launched its "Calm & Connected Toolkit" in the LISD 8th grade health class. Designed to support youth in cultivating social and emotional health, both individually and as a community, the program is funded by LIFRC donors and San Juan Health and Community Services. LIFRC partnered with Kathleen Donaldson and Lucianne Hackbert of Emerging Wisdom to create the curriculum.

Students meet twice weekly with a team of licensed therapists, LIFRC peer support counselors, paraprofessionals and LISD health teacher, Owen Murphy. Students created class agreements to set the tone for a safe, open learning environment, including: speaking one at a time; keeping confidentiality; and listening to other's opinions even when disagreeing. Program activities aim to determine and cultivate strengths; identify wellness needs, and set small, achievable goals towards greater wellbeing. Facilitators focus on cultivating trust with and among students and offering healthy interactional models for reflection, engagement and problem solving. Grounded in goal-focused positive psychology and evidence-based practices, the toolkit will bring new knowledge, reinforce existing strengths and build new capacities in students.

LIFRC is delighted to collaborate with the Lopez Island School District to offer this program, and looks forward to watching the program grow and evolve. Anyone interested in learning more, please contact Nikola Chopra at nikola@lifrc.org.

UW MEDICINE PRIMARY CARE AT LOPEZ ISLAND

Welcome Dr. Dougan

UW Medicine is thrilled to announce the June 2022 arrival of the new Lopez Island clinic chief, Kim Dougan, MD. Dr. Dougan is an experienced family medicine physician certified by the American Board of Family Medicine. Dr. Dougan was a physician at the former UW Medicine Olympia Clinic and has had experience in more rural communities, including Bainbridge Island and the Silverdale & Poulsbo area. Dr. Dougan provides her patients with continuous, comprehensive, and compassionate health care. Dr. Dougan enjoys helping people understand complex medical issues and how to make their health better, and learn and discover their greatest potential.

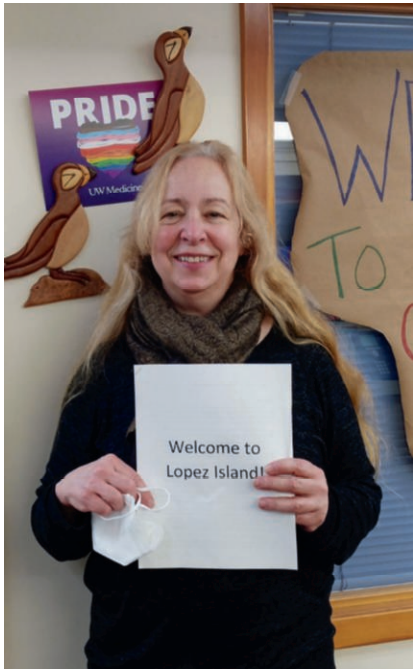
Dr. Dougan enjoys traveling, hiking with her dog, camping, kayaking, reading with her cats on her lap, gardening, foreign films, cooking, and meeting new people in her spare time.

Current Care Tips

Until Dr. Dougan is onboard, Wen Murphy, ARNP, FNP-BC, and our excellent staff are dedicated to providing you with the same great care and service. Here are a few essential care tips you need to know:

- Visits and Advice
We will continue to offer same-day acute visits, wellness visits, lab appointments, telemedicine visits, and care support via the phone or MyChart.
- Physical Therapy Referrals
Please continue to contact us should you need a referral to PT. Whether via Wen Murphy, ARNP, FNP-BC, or one of our providers on the mainland via telemedicine, we can provide PT referrals promptly.
- X-ray Services
CWMA worked with the clinic to get the x-ray machine repaired. CWMA is moving ahead with a complete replacement which will take some time due to complicated planning and supply chain issues. However, not needing to go off of the island for x-ray services greatly benefits the Lopez Island community. Many thanks to CWMA for supporting the Lopez Community!

We share your excitement with the arrival of Dr. Dougan and greatly appreciate your continued support. Please don't hesitate to call or message the care team via MyChart should you need us!



Dr. Kim Dougan

LOPEZ ISLAND PHYSICAL THERAPY

Lopez Island Physical Therapy is excited to welcome Scott Allred, who will join us in early July. Scott is a Doctor of Physical Therapy and board-certified specialist in orthopedic physical therapy. He's also nearing completion on certification in manual physical therapy. When not working with patients, Scott is an avid rock climber and canyoneer.

Scott's wife Adriane is a barefoot massage therapist specializing in a deep tissue technique called Ashiatsu. Their almost-two-year-old daughter Andie specializes in pretending she's a butterfly. Along for the ride are their two fluffy Goldendoodles, Margo and Wally. The Allreds are excited to live on Lopez and contribute to the community.