

## HEALTH MATTERS 2.0

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

*Summer 2022*

Photo by Wen Murphy, ARNP

### CATHERINE WASHBURN MEDICAL ASSOCIATION (CWMA) NEWS

CWMA worked with our clinic to repair its X-ray machine several months ago so Lopezians wouldn't have to go off island for x-rays. Now we've installed a NEW state-of-the-art X-ray machine to serve our community for years to come. We're grateful to our generous donors who made this major expenditure possible.

CWMA continues to provide financial aid as well as equipment purchases to Lopez Island Physical Therapy to support its transition to private practice during pandemic challenges.

At our annual meeting in May, CWMA welcomed new board members Kerby Phelps and Taya Higgins. We are profoundly grateful to Kirm Taylor and George LeBoutillier for their many contributions in serving their allowed two full terms. CWMA is also pleased to welcome our new physician, Dr. Kim Dougan, to our Lopez Island Clinic. We're so glad to have you join our community!

Thanks to everyone who donated to CWMA during our fall fundraising campaign. We could not do what we do without you. For more about membership and donations, go to [catherinewashburnmedical.org](http://catherinewashburnmedical.org). Since 1971, CWMA's purpose has been to assist, in whatever way possible, 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 other medical-related services for our community and work with the Lopez Island Hospital District (LIHD) to ensure high-quality, island-appropriate care.



New X-ray machine



### ONGOING HOUSING NEEDS

We all know there's a lack of affordable, stable housing for many island residents. We were lucky enough to find a temporary option for Dr. Kim Dougan, but she will need something more permanent before long. Our new physical therapist, Scott Allred and his family, are in a similar situation. Please contact LIHD Superintendent Renee Koplan with any potential options. Call 360-622-2729 or email [rkoplan@lopezislandhd.org](mailto:rkoplan@lopezislandhd.org).

## STRATEGIC BUSINESS PLANNING

LIHD has been working for months on our Strategic Planning Process with help from Jody Carona and consultants at Health Facilities Planning. Surveys were distributed and analyzed; focus groups were held; and the action plan and priorities list are currently in draft stage. LIHD would like to thank our Lopez community for both their participation in this process and their patience as we continue to discuss our findings. We hope to have a final action plan to present at our Regular Board Meeting July 27, 2022.

## HAPPY SUMMER FROM UW MEDICINE!

There's a lot happening at our clinic, so here's the latest information and updates.

June 1 marked a special day as we welcomed Dr. Dougan. "This is such a great community, and I love it here," she said. Her clinical interests include ADHD/ADD, addiction medicine, behavioral health, and managing chronic disease, diet and nutrition. She loves working with teens. "The goal of medicine is to help and not judge, especially people dealing with addiction," she said. "We want to help them get where they wish to be and respect their journeys." Thanks to Wen Murphy, ARNP, FNP-BC, and team for exceptional coverage while we recruited Dr. Dougan.

Again, we would like to thank the Catherine Washburn Medical Association for its commitment to upgrading our x-ray machine. The new machine has been installed and should be fully operational by the time you read this.

Summer is here, and acute visits for illnesses and injuries will undoubtedly become a reality for some. If you're new to the island or visiting for an extended time, please pre-register as a UW Medicine patient to streamline the appointment process and allow us to serve you better. *(Note: If you are already in the UW system, you do not need to re-register.)* **To pre-register:** Call 360.468.2245 and press #1. Or go online to request an appointment at [www.uwmedicine.org/book-now](http://www.uwmedicine.org/book-now).



Dr. Kim Dougan

### How to Seek Care at UW Medicine Primary Care at Lopez Island

Book online through MyChart at [www.uwmedicine.org/book-now](http://www.uwmedicine.org/book-now)

Call the clinic at 360.468.2245

- Press #1 to schedule a routine visit with your provider
- Press #2 to be directed to clinic reception to schedule a lab visit or if you have an urgent concern
- Press #3 for COVID-19 information

And thanks for allowing UW Medicine Primary Care at Lopez Island to be part of your healthcare team.



WELCOME SCOTT ALLRED TO LOPEZ ISLAND PHYSICAL THERAPY

Our Spring 2022 edition of Health Matters 2.0 introduced Scott Allred who will join Lopez Island Physical Therapy's this month. He, his wife and daughter moved here from Spokane, where Scott worked for an outpatient multi care system. Scott also worked with an international aid organization, collaborated with a local school to run an organic garden, and was part of a clinic for under-served PT clients. These experiences, he says, were his best teachers.

Scott's credentials as a doctor of PT and specialist in orthopedic PT certainly qualify him to join LIPT, but as a "people person" interested in building strong therapeutic relationships, he's a great fit for Lopez Island as well.



The Allred family (L-R) Adriane, Andie, and Scott

Scott's wife Adriane is a massage therapist, and two-year-old daughter Andie is all about pebbles, ponds and butterflies. The family is excited to be near grandma, Jane Marshall, a Lopez resident, and to be part of a small community on the West side of the Cascades.

BRAND NEW AMBULANCE

Lopez Fire and EMS (LIFE) took delivery of a new ambulance to replace an older unit that no longer suited our needs. This ambulance looks similar to the unit purchased in 2015, but with upgrades that will enable the Medics and EMTs to better serve the community. LIFE thanks the citizens of Lopez Island for your ongoing support in our continuing efforts to provide world-class emergency services.



ATIVE CARE FOR LOPEZ ISLAND

MOBILE MAMMOGRAPHY VAN COMING THIS FALL!



Assured Imaging Mobile Mammography Van

We’re excited to announce we’ll have a mobile mammography van at UW Medicine Primary Care at Lopez Island on September 22, 2022. Assured Imaging will manage the imaging, and their radiologists will provide the over-reads. Results will be sent directly to each patient's PCP/Ordering provider.

The van will be available to the entire community, and flyers with more details and scheduling information will be distributed soon.

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