



HEALTH MATTERS 2.0

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

Winter 2022

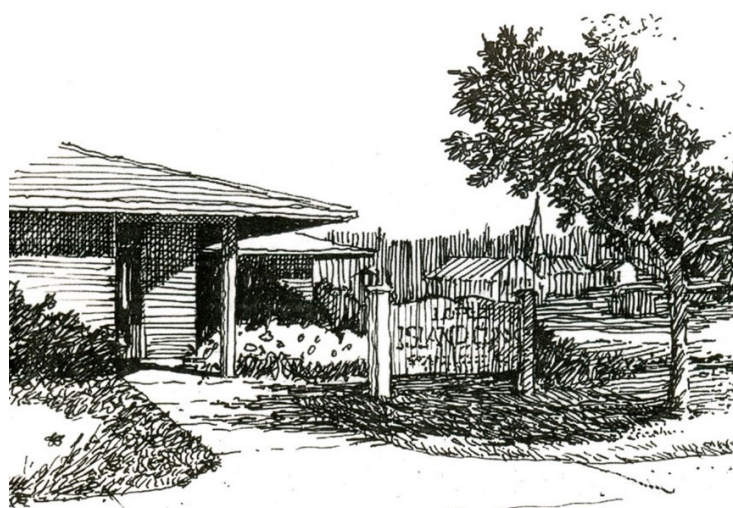
Photo Credit: University of Washington

CATHERINE WASHBURN MEDICAL ASSOCIATION (CWMA)

Helping More Than You Know

Did you know that without CWMA Lopez would not have the clinic or physical therapy as we know them today? CWMA raised money to build the clinic in 1974. It owns the land and building, charges the UW Clinic highly-subsidized rent, and purchases and maintains much of their equipment. CWMA also helps Lopez Island PT with rent and equipment purchases.

Did you know our local pharmacists, Rick and Marge McCoy, want to retire and ensure that Lopez Pharmacy has a new owner to continue to provide the services we need? Negotiations with the buyers are nearly concluded and CWMA is committed to providing funding to help make the transition a success.



Drawing of original clinic building by Pete Peterson

Did you know CWMA maintains the Sikstrom Fund to help ensure all Lopezians can afford health care throughout the year? And that CWMA provides assistance to Lopez Fire and EMS? CWMA also helped out in many ways during COVID: nurses' licensing fees, vaccine clinics and materials for many of the handmade masks made locally.

Did you know CWMA is funded completely by your donations? We rely on continuing donations to provide support for ongoing services year after year. We encourage you to become a member and to sign up for annual renewal. For info about our Fall Fundraising Drive, go to catherinewashburnmedical.org. We could not do what we do without your support!

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 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.

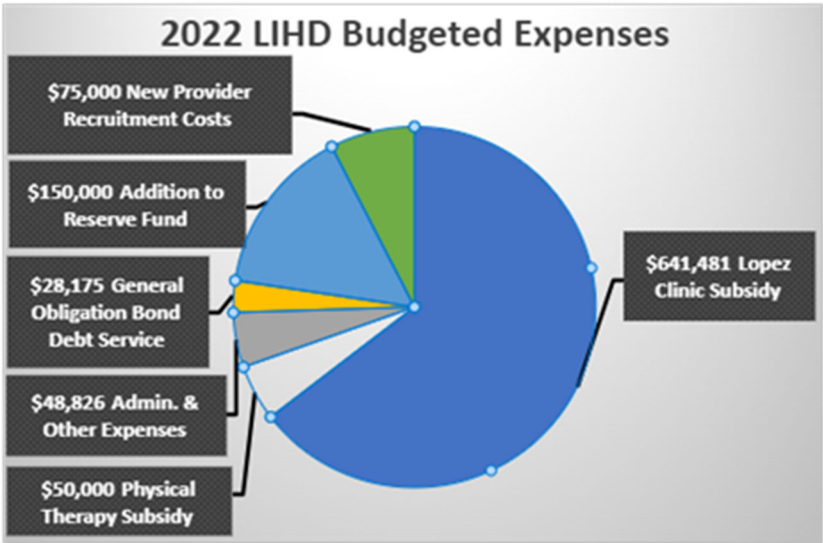
LOPEZ ISLAND HOSPITAL DISTRICT

Check LIHD Website to Learn How We Work

Formed in 2017, San Juan County Public Hospital District #2 operates under the name of Lopez Island Hospital District (LIHD). LIHD is governed by the voters of Lopez Island through an elected Board of Commissioners.

Stewardship of public funds is one of the greatest responsibilities of the LIHD Board of Commissioners. Fiscal policies enable the LIHD to protect public interests and maintain public trust. Financial Management policies ensure the District exercises sound judgement in conducting all business affairs. Through careful financial management, LIHD is committed to maintaining a financial base sufficient to sustain services that support the health of the Lopez Island community for years to come.

For a full review of our financial activities and stewardship, please follow this link:
lopezislandhd.org/budgets-agreements-governing-documents



LOPEZ ISLAND PHARMACY

Exciting News from Rick and Marge



(L-R) Rick McCoy, Marge McCoy, their dog Raven McCoy, Megan McCoy, Jennifer Ratza, and Alexa Fure.

As many know, we've been searching for years for a path to sustain pharmacy services. We closed our previous, larger location to improve offered clinical services and make the business more attractive to potential future pharmacists.

Recently, we signed a Letter of Intent to sell the pharmacy to the ownership group, Total Dose, which owns Friday Harbor Drug. They are now actively searching for a pharmacist to move to Lopez and become their new pharmacist manager. Everything hinges on their ability to find a willing and qualified candidate and, secondly, that person's ability to secure adequate housing. We're crossing our fingers, hoping to find the right match.

We would remain in a supporting role for the future, especially for several months as the new person comes on board. After that, you will still see us taking occasional shifts behind the

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counter. Total Dose knows how patient-oriented our practice is and operates in a similar manner. Additionally, all our incredible employees have been asked to stay on, so you will see familiar faces when you enter the building.

For 27 years, we have been graced with the most supportive community on the planet. We are more grateful than words can express. Please extend that warm, Lopez welcome when the new pharmacist arrives.

Best, Always, Rick and Marge

UW MEDICINE

How UW Works to Help Keep You Healthy

Pre-Register

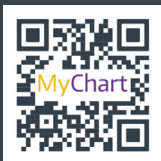
If you are new to Lopez or visiting for an extended time, please pre-register with UW Medicine (If you are already in the UW system, you don't need to re-register). Preregistration doesn't mean you're transferring your care to us, but it makes accessing care easier if the need arises. Plus, it is free! If you are uninsured, staff are happy to discuss UW Medicine Charity Care options to prevent any undue financial burden. To pre-register, have your insurance information available and call (360) 468-2245 and press #1. Or go online to request an appointment at uwmedicine.org/book-now.

Annual Wellness Visit

If you're a Medicare beneficiary, don't forget to schedule your Annual Wellness Visit (AWV), a no-cost preventative care benefit offered by Medicare. An AWV consists of assessing your health risk; consulting about your health needs and risks with your care team; a physical exam of your height, weight, and blood pressure; reviewing your medications; compiling a list of your current healthcare providers, and creating a personalized preventative care plan to keep you healthy. It's also a great time to get your seasonal flu vaccine!

Mammography Van Recap

Earlier this year, UW Medicine at Lopez Island served more than 67 island residents at a two-day breast care screening event right here on Lopez. The screenings were performed via a mobile mammography unit in collaboration with Assured Imaging. Both patients and primary care providers received screening results for any additional follow-up. And UW looks forward to partnering again with Assured Imaging to serve our island community! Stay tuned for future dates.



Scan me

How to Seek Care

Seeking care at UW Medicine Primary Care at Lopez Island is easy as 1, 2.

1. Book online through MyChart at uwmedicine.org/book-now
2. 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

LOPEZ ISLAND FIRE & EMS

Gratitude to Liz and Janis

Two valued members of Lopez Island Fire and EMS (LIFE) are leaving this year. Lieutenant Liz Malinoff, a 22-year veteran, and Lieutenant Janis Miltenberger, a 12-year veteran, have certainly earned their retirements after years of selflessly contributing to our Lopez Island community in this essential and life-saving work. We at LIFE are very excited to see what the future holds for both Liz and Janis.

Have you ever considered this exciting volunteer opportunity, or do you know someone who would be a good fit? LIFE will hold an EMT course starting after the first of the year. For applications and information, please contact LIFE at (360) 468-2991 or visit Lopezfire.com.



Lieutenant Janis Miltenburger

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 Primary Care at Lopez Island
103 Washburn Place
Lopez Island, WA 98261

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