

HEALTH MATTERS 2.0

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

Spring 2023

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CATHERINE WASHBURN MEDICAL ASSOCIATION (CWMA)

CWMA: 50+ Years of Helping Lopezians

Here's what Catherine Washburn Medical Association (CWMA) has been doing for 50+ years to keep quality healthcare available in our rural setting:

- Since 1971, we've provided the land and building for our Lopez Clinic, including expanding, remodeling, and ongoing maintenance. CWMA pays for much of our clinic's equipment, including a state-of-the-art X-ray machine in 2022.
- Since 2017, we have financially supported Lopez Island Physical Therapy as they formed a new legal entity and moved into new office space.
- During the COVID pandemic, we purchased a vaccine refrigerator/freezer and paid for material for masks made by volunteers as well as RNs license renewal fees.
- We maintain a fund so all people on Lopez can afford healthcare.
- We've provided equipment for Lopez Fire and EMS.
- We're committed to assisting Lopez Pharmacy in its transition to new owners (in progress).



1973 Clinic groundbreaking: (L-R) Bill Carpenter Senior, Howard Cole, Charlie Washburn, Don Poole, Don Gwen, and John Ottenheimer.

Annual Meeting: Saturday, May 20, at 10am at the Lopez Library. Everyone is welcome. You must be an active member in order to vote at the meeting or by proxy. Members will receive a letter with ballot prior to the meeting.

CWMA's purpose: To provide a legal entity which accepts gifts and donations and to use those funds to assist, however possible, to erect and maintain medical facilities on Lopez. Over the years, we've expanded our support to assist additional medical-related services in our community. CWMA is funded completely by your donations. We encourage you to become a member annually, either by mail or online. Go to catherinewashburnmedical.org for details. We couldn't do what we do without your support!

LOPEZ ISLAND HOSPITAL DISTRICT

Changes to LIHD Commission

Lopez Island Hospital District has been honored to have Christa Campbell as one of our founding Commissioners until her resignation in December of 2022. Christa's knowledge and dedication over the last five years have been enormously helpful and appreciated. Although we are sorry to see her go, we are thrilled to announce the appointment of Dr. David Hall to Seat #1. Dave brings a wealth of his own knowledge and a medical background we know will benefit the board and our community.



Christa Campbell

A third-generation Seattle area physician, Dr. David Hall trained in psychiatry at the University of Washington. His parents moved to Lopez in 1974, the year he entered medical school, and David and his wife Anne attended Lutheran church services during summer visits here. David maintained a solo practice of child adolescent and family psychiatry in Seattle for 25 years. The couple moved to Lopez in 2011 when Anne was called as interim pastor for the Lutheran Church. David moved his practice to Anacortes, joining Island Hospital in its newly-opened outpatient psychiatry clinic. He retired in 2021.



Dr. David Hall

David has been extremely active, both nationally and locally, with Physicians for Social Responsibility (PSR), an organization which addresses the gravest threats to human health. He has traveled to Beijing, Israel and Palestine for meetings with other PSR physicians.

He is a self-described tennis and ping pong player, skier, electric bicycle enthusiast, and lawnmower repairman. He's delighted to join LIHD to finish out Christa's term as commissioner and is dedicated to assuring high quality healthcare for our beloved island community.

Please join us in welcoming Dave!

LOPEZ ISLAND PHYSICAL THERAPY

Spring News from Lopez Island Physical Therapy

Spring brings change, and there are several changes happening at Lopez Island Physical Therapy. While some of our PT family move on to new adventures, others will step into new roles or are brand new to our crew.

LIPT was founded in 2017 by Terri Drahm, Kim Foley, and Bobbie Holt, with Valorie Williams joining soon after. (It's an inside joke that we have yet to have a normal year.) At the same time our PT practice was formed, the Lopez medical clinic transitioned from Island Hospital to the University of Washington; Terri and Kim treated patients in one small room in the clinic for our first two years.

LIPT moved into our current space in 2019, just before the start of the COVID-19 pandemic. Despite these challenges, Terri, Kim, Bobbie, and Val continued to provide excellent care to the community and were supported by Lopez Island Hospital District, Catherine Washburn Medical Association, and the Lopez Thrift Shop.

Now, after years of service, Terri has decreased her PT clinic hours and stepped out of an administrative role. Practice administrator Bobbie is leaving her position but will stay to advise for some time. Val -- and her husband

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Todd -- will retire. We're grateful for all they gave to LIPT to care for Lopezians, and we're happy to announce that Tina McCrea, who joined us earlier this spring, will be acting as our new practice administrator.

Kim is staying on. She and our new therapist, Scott Allred, are now our administration team and owners at LIPT. Scott, who started last June, is excited about taking the helm of the clinic and has big plans for the future.

LIPT invites our Lopez community to celebrate with us at an open house planned for Friday, May 19 (time TBA). Please join us, enjoy some refreshments, meet Scott and Tina, and celebrate our past and new beginnings.



LIPT Staff: (L-R) Scott Allred, Terri Drahn, Bobbie Holt, and Tina McCrea.

UW MEDICINE

Here are some updates and care tips to keep you informed about what's happening at our clinic:

Our Clinic Is a Top Performer in Patient Experience Survey!

UW Medicine recently recognized our clinic for receiving a top score in our patient experience survey. The survey measures how well our staff worked together to care for our patients. For the first quarter of this fiscal year, our clinic score was 96.98. This is a 95th percentile rank compared to national peers! Many thanks to our patients for completing the survey. We always strive to exceed your expectations!

Wen Murphy Departure

With a heavy heart, we want to let you know Wen Murphy, ARNP, FNP-BC, has accepted a new telemedicine position with UW Medicine and will leave her practice at our clinic as of June 16. We fully recognize how special Wen has been to our Lopez community, and she will be dearly missed. Recruiting a new provider is a priority for UW Medicine Primary Care, and we will reach out soon to Wen's patients about a plan for continuity of care.

Do You Know Where to Go for Care?

Here's a guide to our in-clinic services and others you might seek elsewhere. You can see us for Behavioral Health, Chronic Disease Management, EKGs, Lab testing (aside from some delicate specialty labs), Primary Care – including preventive care such as Wellness Visits and Well-Child checkups, Sutures, Urgent Care/Acute Care/Same Day appointments where appropriate, Vaccinations, Wound Care, and X-Ray Imaging (No CT/No Ultrasound).

We do not provide advanced imaging, pregnancy care beyond confirmation, or specialty care. Although we coordinate with Lopez Island EMS to stabilize patients requiring Emergency Room (ER) care, we are not an ER. Patients needing an ER will be transported via Ferry or Air Transport when appropriate.



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

New EMTs and Instructors!

Lopez Island Fire and Emergency (LIFE) is once again conducting an EMT class and, this year, we have three students who began training in January. Becoming an EMT requires over 220 hours of classroom and field time, and most of our students continue full-time jobs during classes. This class will run through April. After April, each student will be mentored in the field until they “get their feet wet” and have passed all the required exams and practical training. Help us wish these dedicated individuals success in their endeavors!



BLS CPR Students: (L-R) Deputy Sam Fowler and Justin Merrifield (also training to be a Deputy).



EMT: (L-R) Students—Michael Sendrowicz, Emma Ewert, and David Hellman, with Instructors Nicole O'Bryant and Andrew Robin.

Also, a BLS CPR Instructor Course was administered the weekend of 3/25 by our Community Training Coordinator, Laney Volk. Six firefighters & EMTs are now available on Lopez to teach community classes or classes for your employees in CPR/AED and First Aid. If you are interested in attending or scheduling a class, please call the station at (360) 468-2991.

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

Catherine Washburn Medical Association
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Lopez Island, WA 98261