



HEALTH MATTERS 2.0
Lopez Island health-related news from CWMA, Lopez Island Hospital District, Lopez Island Fire & EMS, and UW Medicine
Fall 2023

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CATHERINE WASHBURN MEDICAL ASSOCIATION (CWMA)

CWMA: Serving Islanders since 1973

Catherine Washburn Medical Association (CWMA) is the volunteer board that manages CWMA support for our Lopez clinic by providing the building and equipment. CWMA collects and manages donated funds to assure the Lopez clinic and other medical services continue to be available here on Lopez. University of Washington Medicine leases the building from CWMA and operates the clinic. CWMA also provides leased space, building maintenance, and equipment for Lopez Island Physical Therapy (LIPT), and support as needed for Lopez Fire and EMS and Lopez Island Pharmacy. We continue to collect funds to support essential medical needs on Lopez and hope you'll join us in this effort through our fall fundraising campaign!

LOPEZ ISLAND HOSPITAL DISTRICT

Important Election for Lopez Healthcare November 7

November ballots will include Proposition #1: “Restoring Regular Property Tax Levy.” This measure, created by Lopez Island Hospital District (LIHD), will sustain funding for island healthcare. A special public meeting about the measure is set for October 16, 5:30 pm, at Lopez Island Family Resource Center (virtual option available).

Island Hospital’s 2017 termination of its contract with Catherine Washburn Medical Association (CWMA) had significant financial implications. Most importantly, their action resulted in a 50% reduction in Medicare reimbursement rates for the Clinic. CWMA, Clinic staff, and community members seeking a new management model learned the Clinic would need ongoing financial support from the Lopez community. That April, nearly 86% of voters approved creating the LIHD so property taxes could help cover gaps in payments from visits and actual costs of care. With that support, University of Washington Medicine agreed to manage the Clinic in partnership with the LIHD and CWMA.

LIHD’s mission is to ensure high-quality, island-appropriate, sustainable, and equitable healthcare service through partnerships, advocacy, and revenue. However, healthcare costs are rising faster than property tax income. Thus, there’s a need to increase revenues to preserve the Clinic and Lopez Island Physical Therapy (PT), as well as to fund future health services.

LOPEZ ISLAND HOSPITAL DISTRICT (CONT.)

Levy Facts

Why is LIHD asking voters to restore the regular property tax level (also known as a “levy lid lift”)?

When LIHD was created, voters approved a levy rate of \$.75 per \$1,000 of assessed property valuation. Since then, although property values have risen, a 2001 state law limits tax revenue increases to 1% above the prior year. Thus, the levy rate available to LIHD has dropped to \$.48 per \$1,000.00 valuation. State law requires a public vote to lift the 1% lid and return to the original rate.

What will the levy lid lift provide?

- Increased income to sustain and enhance primary care and physical therapy.
- Support for Lopez Pharmacy ownership transition (LIHD has already budgeted \$100,000; more may be needed).
- Maintaining reserves to buffer inflation.
- Ability to respond to changing community needs. Future potential partnerships can be considered, tempered by fiscal restrictions, viable business plans, and quality metrics.
- Assure the LIHD funding base through 2030.

How much will my taxes go up?

For an \$800,000 valued property (median Lopez home price), the annual increase would be approximately \$215, or about \$18 per month.

For more information on issues LIHD will address with Proposition #1:

- Attend the public meeting October 16.
- Visit the LIHD website - <https://lopezislandhd.org>.
- Contact the District Superintendent or commissioners - <https://lopezislandhd.org/contact-us/>.
- Follow LIHD on Facebook.
- Watch for notices on Lopez Rocks.

LOPEZ ISLAND PHYSICAL THERAPY

Helping Lopezians Get Better

Lopez Island Physical Therapy (LIPT) has been providing physical therapy services to Lopez residents since 2017. “We’re here to help you get back to activities you love and improve your quality of life,” says Scott Allred, of LIPT. “We offer services for clients of all ages. Here are some of the kinds of treatment we can help with.”

- Post-surgical rehabilitation
- Balance and dizziness
- Injuries
- Chronic pain
- Stroke recovery
- Pelvic floor weakness
- Osteoarthritis

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"Having such high-quality care on island at Lopez Island PT has been a life saver for me." – Lexi Taylor

Lopez Island Physical Therapy receives financial support from both Lopez Island Hospital District and Catherine Washburn Medical Association. These funds help maintain PT operations, compensate staff, and pay rent for our building. In the future, they'll be used to help recruit and retain new providers and staff.

"We're grateful our strong relationship with our UW Lopez Island Clinic helps us treat folks by providing prompt physical therapy referrals," says Scott. "We aim to continue providing high-quality physical therapy on island and encourage you to vote this November."

UW MEDICINE

Update: UW Medicine Primary Care on Lopez Island

In partnership with Catherine Washburn Medical Association and Lopez Island Hospital District, UW Medicine's dedication to improving the health of the public is stronger than ever. Patient care is always our top priority, and here's an update to the enhanced services we provide daily to Lopez residents:

- **A new provider joins the clinic!** We're thrilled to announce we've found an excellent fit for the clinic and community in Samuel Rich, a certified Physician Assistant (PA-C), who starts December 7.
- **Six to eight same-day walk-in appointments are reserved** per provider daily for our clinical team to fill based on medical necessity. Our team determines the best care option for each patient; it may include a virtual visit or other appropriate options.
- **Internal nurse triage services** include in-clinic nurses and a central team of nurses. Connect with a nurse by calling the clinic at 360-468-2245 and pressing #2 or sending a MyChart message to the care team.
- **After-hours consulting nurse service** for medical advice that can't wait. Call the clinic at 360-468-2245. We have physicians on call 24 hours a day, seven days a week, 365 days a year. If you need additional help, a nurse will connect you.
- **Comprehensive care** for everything from acute illnesses and injuries to integrated behavioral health, EKGs, x-rays, preventive screenings, sports, and employment physicals.
- **Local partnerships provide the best care possible.** Our comprehensive care includes collaborations with CWMA, Lopez Fire & EMS, Lopez Island Physical Therapy, and Assured Imaging for on-island mammograms.
- **New virtual primary care services** to provide coverage from 8 a.m. — 8 p.m., seven days a week. Our team of virtual primary care providers offers you and your family a new way to receive quick on-demand care. Start an on-demand video visit to see the first available provider or complete an E-Visit questionnaire for certain health conditions at uwmedicine.org or the MyChart app. Care is available from anywhere in Washington state.



Samuel Rich, PA-C

Your Feedback Matters

Anyone may report concerns to a staff member, member of our medical staff, clinic manager, or by contacting Patient Relations Department at 206 520-4294; 850 Republican Street, Building C, Box 358051, Seattle, WA 98109; or emailing uwpc-cares4u@uw.edu.



"Lopez Island Fire and EMS values our close relationship with the Lopez Island Clinic," says Fire and EMS Chief Adam Bigby. "Working together has led to improved medical services for our entire island community."

ATIVE CARE FOR LOPEZ ISLAND

PATIENT PRAISE



L-R: Kim Foley, PT, and
Erin Bernardi

“My husband and I both found ourselves in need of Physical Therapy services this summer and fall. Not only were our therapists at Lopez Island Physical Therapy first rate professionals but we were so grateful to be able to receive care on Lopez Island, in such a nurturing environment. Much appreciation to Lopez Island Hospital District for their continued financial support to Lopez Island Physical Therapy, ensuring Lopezians are able to receive important medical services on Lopez.” – Erin Bernardi

“Like so many Lopezians, I've benefited from services provided by our clinic and physical therapy -- right here on the island. Dr. Dougan and all clinic staff are essential to our community, and I hope the clinic will continue to be supported and expanded as our island population grows and ages.” – Kathleen Holliday



Kim Dougan, MD

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