

HEALTH MATTERS 2.0

Lopez Island health-related news

Winter 2024

LOPEZ ISLAND HOSPITAL DISTRICT

Appreciation for Lopez Healthcare Support

Thank you for supporting Lopez Island Hospital District (LIHD) in passing the levy lid lift last November so we can continue funding healthcare subsidies on our island. Approving the proposition will help sustain and enhance services at UW Lopez Island Clinic and Lopez Island Physical Therapy and support additional healthcare services as needs arise. “We’re grateful for our community’s trust in the LIHD’s work to maintain care on Lopez,” says newly elected LIHD President, Iris Graville.

LIHD is participating in the Lopez Island Healthcare Workgroup organized by UW Medicine to assess Lopez healthcare needs now and into the future. So far, the group consists of representatives from UW Medicine, Catherine Washburn Medical Association, Lopez Island Hospital District, and Lopez Community for Health Care. Lopez Fire & EMS will also join Workgroup discussions moving forward. The levy lid lift approval will provide more resources as healthcare needs and solutions are identified by this Workgroup.

Superintendent Renee Koplan has finalized the LIHD meeting schedule for 2024. “Regular board meetings are scheduled on fourth Wednesdays from 4-6 pm,” Renee says, “and we welcome your attendance at these open public meetings.” The commissioners meet in the Lopez Island Family Resource Center conference room (23 Pear Tree Lane) unless otherwise noted (and via Zoom). Please note the 2024 regular board meeting schedule for the next four months:

- February 28
(Lopez Fire/EMS, 2228 Fisherman Bay Rd)
- March 27
(Lopez Fire/EMS, 2228 Fisherman Bay Rd)
- April 24
- May 22

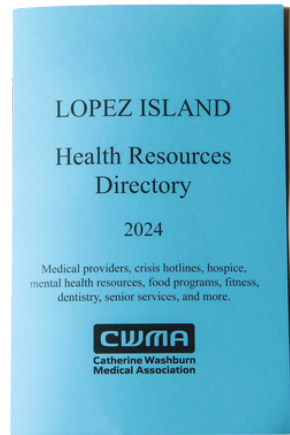
To learn more about LIHD and see the full schedule, visit our website: <https://lopezislandhd.org>.



CATHERINE WASHBURN MEDICAL ASSOCIATION (CWMA)

Watch for our Health Resources Directory!

Catherine Washburn Medical Association is publishing a new, free booklet to help Lopezians learn more about resources and health services on our island. Huge thanks go to Robert and Lorrie Harrison for developing the comprehensive Lopez Island Health Resources Directory. We're excited to unveil it and look forward to feedback and suggestions for future printings.



"We on the CWMA board are so grateful for the countless donations and enduring support shown by our Lopez Island community," says Katherine Bryant Ingman, CWMA board president. "Of course, fundraising efforts are ongoing in 2024 as we continue looking to fund creative and necessary medical projects."

LOPEZ ISLAND FIRE & EMS

Lots Happening at LIFE

Lopez Island Fire & EMS has started training new recruits this year. Along with two new EMTs training through San Juan Islands Emergency Medical Service, we have ten students in our first firefighter recruit class in three years. The fire academy started on January 4 and our new firefighters are doing great. We're scheduled for live fire training at the Washington State Fire Training Academy in North Bend in mid-March. You should see lots of activity at the village station through April.



Recruits participated in a two-day Emergency Vehicle Incident Prevention class.

UW MEDICINE

We Are Fully Staffed!

With Samuel Rich, PA-C, arriving in December, we are delighted to announce that the Clinic is now fully staffed! Read on to learn more about Sam and our newest MA, Emily Berg.

Samuel Rich, Physician's Assistant

As a primary care provider, Sam prioritizes comprehensive, compassionate, personalized care. He believes in building strong relationships based on trust, open communication, and mutual respect

Continued on page 3

Continued from page 2

following a holistic approach to healthcare.

“I see each patient as unique, with distinct needs, values, and preferences. By actively listening and involving patients in their healthcare decisions, I aim to empower them to actively manage their well-being,” Sam says. “I want to create a supportive and inclusive healthcare environment where patients feel comfortable sharing their concerns, questions, and goals.”

Sam’s clinical interests include musculoskeletal injuries and conditions, preventative care, lifestyle medicine, mental health, and chronic disease management. On a personal note, Sam loves photography, hiking, skiing, and anything outdoors.



Sam Rich (upper left) and Emily Berg (right) care for a patient.

Emily Berg, Medical Assistant

Emily’s original degree is in psychology (she’s a Cougar!), but she was always back and forth between psychology and pre-med. After moving to Lopez in 2014, Emily ran 3Vs—a local youth non-profit that helps provide positive events and mentoring to local teens—and coached middle school volleyball, basketball, and track. “During the pandemic shutdowns,” Emily notes, “I realized I was drawn more to the medical world than the mental health world.” She went back to school hoping one day to be a PA. “I knew I’d need clinical experience, so I got my Medical Assistant certification.” She adds, “I knew medical assistants were needed in our community and would allow me to have regular connections with patients and providers.”

As an MA, Emily’s role includes a variety of duties such as cleaning exam rooms, rooming patients, checking vital signs, and giving vaccines. She helps ensure visits go smoothly for patients and providers; creates personal connections with patients; manages patient flow; and assists providers with procedures. Emily is also certified in Basic Life Support for Healthcare Providers.

In her free time, Emily enjoys hiking, gardening, traveling, and spending as much time at the beach as possible with her husband, Isaac (a Lopez resident off and on since he was in middle school), and their three young kids. Growing up in Boston and the suburbs of Chicago, Emily always dreamed of living on an island, and she loves it!

Continued on page 4

Continued from page 3

Well-Child Visits and Sports Physicals

As family medicine providers, we take great joy in caring for children and adolescents and supporting the health and well-being of student athletes. A well-child exam every 1-2 years will help ensure your child is developing typically and is up to date on vaccines. If your child participates in school sports, these exams can also help you complete sports physicals required before participation.

If your child has had a well-child visit within the past 12 months and needs a preparticipation physical

evaluation health history form, you can complete and submit it to your child's provider for review and signature. The form is available at the Clinic or online at uwmedicine.org on the Patient Forms page under Primary Care.

If your child has **not** had a Wellness (well-child) exam in the past 12 months, call (360) 468-2245 to schedule a Wellness or Sports Physical exam. Both visits are best scheduled in advance, and we have two upcoming days dedicated to sports physicals, March 15 and April 12.



Updated UW Medicine Phone Menu for Your Convenience!

We recently streamlined phone options for reaching the clinic and scheduling an appointment easier! When you call the clinic at (360) 468-2245, you'll have three options:

- To speak with a UW Medicine centralized scheduler to make an appointment, press 1.
- To connect with the Lopez Island clinic reception or nurse, press 2.
- For anything else, press 0

Scan to make
appointment
online

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

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