

LIFRC, CWMA, LIHD, SJC: Collaborating for Dental Health

DentALL Arrives on Lopez Island

Several Lopez organizations and San Juan County Community Health Services collaborated to bring mobile DentALL vans to Lopez to offer comprehensive dental services for both children and adults. This innovative program serves people on Medicaid or those without dental insurance who can't afford dental care, ensuring reliable, regular dental care for those without access. A six-month trial began in April, thanks to Lopez Island Family Resource Center (LIFRC), Catherine Washburn Medical Association (CWMA), and Lopez Island Hospital District (LIHD).



Dr. Jessica Dubek, DDS

DentALL was founded by dentist Dr. Jessica Dubek. "After working a decade in public health," she says, "it was clear underserved populations needed better dental care." Her understanding was deepened by success in providing a trusted dental home for the Lummi Nation. Many dental diseases can lead to more severe complications including heart disease, diabetes, and adverse pregnancy outcomes. Dr. Dubek reports the Lummi program, "greatly improved access, patient compliance, and overall oral health."



The DentALL Team

Program services include exams, cleaning, fillings, sealants, and extractions. This comprehensive dental care augments the periodic sealants program offered at Lopez School. "We're impressed with this program," says Edee Scriven, LIHD Superintendent. "It holds great promise to meet dental needs on Lopez, and we're glad to support some expenses not covered by insurance." CWMA also offers financial help. "Ensuring providers have high quality facilities for dental care is a central purpose of CWMA," says board President, Katherine Bryant Ingman. "We're excited to partner with DentALL to help with costs of dental access and care."

Clinics at the DentALL van are being scheduled two Thursdays a month through September at the LIFRC physical location, 23 Pear Tree Lane. There will be a Spanish-speaking DentALL team member present at the clinics. Applications are available online: <https://www.sanjuancountywa.gov/2098/Dental-Clinic-Application>. You can also call LIFRC at 360-468-4117 for more information and help with applications.



Continued on
Page 2

Collaborating for Dental Health

Continued from Page 1

"This dental program is a huge support for community members who don't have transportation or will no longer need to take a full day off of work for dental appointments," says LIFRC Director of Community Supports, Contessa Downey.

Dr. Dubek and her team have been providing care on Orcas Island since May 2024 through a collaborative effort similar to what's developed on Lopez. Chris Chord, Superintendent of Orcas



Island Health Care District, has seen the number of people seeking dental care grow dramatically. "There's so much potential for expansion of the program," Chord says, "and we're excited to have a partner like Dr. Dubek." With the success on Orcas and strong support on Lopez, we're hoping the program will continue here past the trial period.

Learn more about DentALL and its founder, Dr. Jessica Dubek, at <https://www.wearedentall.com> and through this inspiring YouTube video: <https://tinyurl.com/dentAll-video>.

Lopez Island Physical Therapy

New Therapy!



We're pleased to announce that this May, Physical Therapist Sarah Ellis will offer dry needling as part of care plans for patients. This is a technique using thin needles inserted into trigger points, muscle tissue, tendons, and even bone to help manage pain and movement disorders and increase micro-circulation in a specific area. If applicable, dry needling will help maximize patients' physical therapy experience, aid in healing and movement, and reduce pain levels that limit function.

Current research shows dry needling can be as effective as a corticosteroid injection and can aid in post operative healing. When used in physical therapy, some individuals may even avoid surgery. If you think this technique could be helpful in your healing journey, please feel free to call 360-468-4382 to inquire!

Lopez Island Fire & EMS

New EMT Volunteers Graduate!

LIFE is excited to announce that twelve new EMTs have graduated from our recent EMT course. Four of them already have their state certifications and are ready to begin field training. The rest are either waiting on test results from their national registry exam or will take their exams soon.

Congratulations to the graduates! In the front row from left to right are Jonathan Doherty, Walker VandenHazel, Conner Arndt, Bo Walker, Nicole O'Bryant (Senior Instructor) with Mose, Andrea Huss, Emily Berg, Pauline Bartle, and Philip Hofius. In the back row are Susannah Dunlap, Summer Hagge, Zoe Gegozek, and Mariah Honeywell.





Dr. Dougan is Retiring



We are grateful to Dr. Kim Dougan for the kind, compassionate, and dedicated care she has provided for our Lopez community over the past three years. She will be missed by her patients, clinic staff, and community partners. UW leadership is actively engaged in the recruitment process to find the right provider to replace her. We wish her the best in her retirement adventure!

Welcome Renee Koplan



Please welcome Renee Koplan who's joined our clinic as a temporary patient service specialist through December. Renee has extensive experience working with healthcare partners on Lopez, including Lopez Fire and EMS as a volunteer EMT and as superintendent of Lopez Island Hospital District before joining the clinic. We're excited to have Renee join our Lopez Clinic Team!

Summer Reminders

With days getting longer, it's easy to picture glorious sunny days on the horizon! Here are some tips to keep you and your loved ones healthy and safe this summer!

Don't Forget to Pre-Register

If you're new to Lopez or visiting for an extended time and aren't a current UW Medicine patient, please pre-register to make accessing care easier if needed. To pre-register, have your insurance information available, call (360) 468-2245, and press #1. You can also go online to request an appointment at uwmedicine.org/book-now.

Ways to Seek Care

1. Log into MyChart OR
2. Call the clinic at (360) 468-2245
To speak with a UW Medicine centralized scheduler to make an appointment, press 1.
To connect with the UW Medicine Primary Care at Lopez Island Clinic or nurse, press 2.
For anything else, press 0.
3. Start an on-demand video visit and E-Visit questionnaire at uwmedicine.org/virtual-care/same-day-primary-care.

Reserved Same-Day Walk-In Appointments

We reserve six to eight same-day walk-in appointments per provider daily, filled based on medical necessity. Our clinical team determines the best care option for each patient; it may include a virtual visit or other appropriate options.

Prepare Now for Back-to-School

Planning for back-to-school? Include a checkup to ensure your child's vaccines and boosters are up to date. Remember school districts also require a current, signed authorization to dispense medication to your student.

Sports physicals are a must for student-athletes to ensure their bodies are ready for the physical demands of sports. Parents should discuss any health condition, such as asthma or a heart disorder, that physicians need to consider when evaluating a child's fitness for strenuous practices and games. Sports physicals are valid for two years from the exam date.

If your student-athlete plans to participate in fall sports seasons, schedule a sports physical in spring or summer. Call (360) 468-2245 and press #2, then press #1 to connect to our clinic.

Catherine Washburn Medical Association
PO Box 309
Lopez Island, WA 98261
<https://catherinewashburnmedical.org/>

Lopez Island Hospital District
PO Box 976
Lopez Island, WA 98261
<https://lopezislandhd.org/>

Lopez Island Fire and EMS (LIFE)
PO Box 1
Lopez Island, WA 98261
<https://www.lopezfire.org/>

UW Medicine Primary Care at Lopez Island
103 Washburn Place
Lopez Island, WA 98261
<https://www.uwmedicine.org/locations/primary-care-lopez-island>

Catherine Washburn Medical Association
PO Box 309
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Catherine Washburn Medical Association & Lopez Island Fire and EMS

CWMA Scholarships

Again this year the Catherine Washburn Medical Association will award \$2500 scholarships to graduating seniors interested in pursuing studies in preparation for a career in healthcare. By May 15, applicants are asked to submit to the school counselor essays describing their career goals, volunteer activities, and the educational institution they will be attending. The scholarships will be awarded at the Senior Presentations and Awards Ceremony at the Lopez School at 6:30 pm on May 27.



Sometimes accidents happen.

Air ambulance flights off the island can cost anywhere between \$12,000-\$50,000.

Join all 3 air ambulance memberships and get full coverage if an emergency takes you sky-high!

Don't Forget!

SIGN UP FOR ALL 3 MEMBERSHIPS

**Membership information:
<https://lopezfire.org/services-5>**



**Scan to view
Health
Resources
Directory**

CWMA Health Resources Directory for Lopez Island

Contact information for medical providers, crisis hotlines, hospice, mental health resources, food programs, fitness, dentistry, senior services, and more.

- FREE – to all households and visitors
- Find the directories on display at the Lopez Island Clinic, Lopez Island Physical Therapy, Lopez Library, Lopez Bookshop, Lopez Chamber, and Lopez Island Pharmacy
- <https://catherinewashburnmedical.org/resources/health-resources-directory/>