



HEALTH MATTERS 2.0

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

Fall 2021

DR. BOB SAYS THANKS AND FAREWELL

Dear Lopez Island Community,

In advance of my departure from the UW Medicine Lopez Island Clinic in February, I want to wish you all a fond farewell. My wife Erica and I will be leaving the island early next year, off to a new adventure. We are still newlyweds and will be making a fresh start, hopefully remaining in the San Juan Islands. I am lucky to have found such an amazing partner.

It has been almost 25 years since I arrived on Lopez Island in March 1997. Working with all of you patients, families, and friends, has been my honor. Thank you for placing your trust in me as your physician.

The clinic has grown both in size and sophistication over the last 25 years. This is due in large part to the many people who have supported the clinic. I would like to thank them all individually, but that would take many pages.


The hardest part of leaving the island is leaving all of you, my patients. It is what gets me up in the morning, oh, and the coffee. Please take care and stay healthy. Please continue to support your clinic! Remember it is a tiny clinic on a remote island and it is fragile. While the UW is a superb organization, they need your support to keep our clinic alive. Recruitment for my position is underway and we will reach out directly to my patients about a plan for continuity of care.

May I say a huge thank you to the staff of the Lopez Clinic. They have supported me in every way. I will miss you all.

Best wishes to all of you!
Bob Wilson, MD



Dr. Robert Wilson and Erica Nordean



COVID-19 VACCINATIONS

Due to recent changes in the ferry system and temperature requirements for storing the vaccine, the current environment makes it impossible to know if we can get COVID-19 vaccine deliveries in a safe and timely manner. Therefore, the clinic will no longer do COVID-19 vaccinations. However, the clinic will continue to do testing and provide all other services. The Pharmacy will serve as the vaccine headquarters for the island.



Andrew Robin, RN

NEW REGISTERED NURSE

INTRODUCING ANDREW ROBIN, RN

Hello, I'm Andrew Robin. I moved to Lopez from Portland with my wife Sarah to live near her aging parents. I worked the past eight years as a cardiac nurse and, more recently, a COVID nurse in my Northeast Portland neighborhood. This experience inspired me to pursue community nursing—so, here I am! When I'm not working, I'm cycling, writing, reading classics, exploring music, being a butler to our three cats, and practicing Tibetan Buddhism. A couple of fun facts: I hold an MFA in poetry and have a handful of published books, and in the 1990s, I lived on Orcas Island, where I was an EMT and firefighter. I will join the Lopez EMS program this winter as an EMT. I'm looking forward to joining the clinic team and working with everyone!

CATHERINE WASHBURN MEDICAL ASSOCIATION NEEDS YOU

Our Purpose:

CWMA's purpose since 1971 has been to provide and maintain our clinic building for the UW Medicine Lopez Island Clinic, and to purchase and maintain medical equipment as needed for the Clinic, Lopez Island Physical Therapy (LIPT), and other medical service providers like the Lopez Pharmacy and Lopez Fire and EMS. We subsidize facility costs for the Clinic and LIPT as well as “assisting in whatever way possible in the erection, completion and maintenance of medical facilities on Lopez Island ...”, as stated in our articles of incorporation. We work closely with the Lopez Island Hospital District (LIHD) whose mission is to ensure high-quality, island-appropriate care. During the pandemic, we have supported a variety of COVID-related services for our community.

Please Support our Lopez Community and Join CWMA

Our annual fundraising drive, starting in November, is our primary way to raise the funds needed to help us sustain the facilities and organizations providing essential medical services to our community and maintaining high-quality healthcare access on Lopez Island.



Clinic was built by CWMA, finished in 1974, and has been expanded several times. In 2017 ,UW Medicine assumed operation of the clinic, with the ongoing help of CWMA and the Lopez Island Hospital District. (2017)

We welcome your annual memberships (\$30 per household) as well as larger donations, including stock or estate transactions. Information on membership and donations may be found at <https://catherinewashburnmedical.org>. Donations may also be mailed to CWMA, PO Box 309, Lopez Island, WA 98261.

THANK YOU!

From the Board of the Catherine Washburn Medical Association

A dedicated group of volunteers – and your neighbors
Come Join Us!

COMPREHENSIVE COLLABORAT

WHERE LIHD IS IN THE STRATEGIC PLANNING PROCESS

Since April, our commissioners have held a second monthly board meeting dedicated to strategic planning. To date, they've revisited LIHD's Mission and have begun drafting a vision and values statement to guide their work. A robust community survey on health care was launched in September, and the board was pleased that over 250 community members took the time to complete the survey.

It was nice to see almost equal representation from those under and over age 65, and 14% of those who completed the survey are interested in participating in a focus group. These discussions, facilitated by the LIHD Consultant Jody Carona, will be held in early 2022. The format of bringing small groups together for discussion allows for a more detailed understanding of the needs and concerns that came out in the survey. Here are some very initial survey results:

- 80% feel family practice/primary care and pharmacy are “absolutely necessary”
- 80% over 65 also ranked physical therapy as “absolutely necessary”
- 85% report having travelled
- 51% who travelled off-island did so between 1-4 times; 49% left between 5 - 16+ times

Data obtained over the past eight months will be incorporated into a final strategic plan document to guide and inform LIHD's long-term direction. The board expects to review a first draft of the plan at its regular meeting in January 2022 and finalize the plan by the end of Q'1. We hope members of our community will join us next year to learn more.



A MESSAGE FROM FIRE CHIEF ADAM BIGBY



On behalf of the Lopez Island Fire Department Board of Fire Commissioners, staff, and volunteers, I would like to thank you, the citizens, of our amazing community personally and sincerely for your overwhelming support in passing the Emergency Medical Services Levy on the August 2021 ballot. The approval of this EMS Levy is an important part of our future strategic planning process. We appreciate the confidence the Lopez community has in us as your emergency services provider. We will continue to honor that confidence and trust with good stewardship of your tax dollars while we continue to focus on providing exemplary service to the island.

With the approval of the levy, we will be able to maintain current levels of service by creating a stable funding source for emergency medical services over the next 10 years. The funding will allow for the replacement of critical equipment that has met or exceeded its service life. These strategic enhancements are vitally important to provide emergency services effectively and safely to Lopez Island.

Again, I would like to express my deepest appreciation for your continued interest and support of your fire department and community.

Respectfully,
Adam Bigby
Fire Chief

ALTERNATIVE CARE FOR LOPEZ ISLAND



D.J. Sonsteng Photography



NEW TO THE ISLAND OR VISITING FOR AN EXTENDED TIME?

Please pre-register as a UW Medicine patient to streamline the appointment process for acute care needs. Registering in advance allows us to serve you better when you arrive for an appointment. To pre-register:

- Call 360.468.2245 and press #1
- Go online to request an appointment at <https://www.uwmedicine.org/patient-resources/make-an-appointment>

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 Lopez Island Clinic
103 Washburn Place
Lopez Island, WA 98261

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