



# Health Matters

News for your well-being from Lopez Island Clinic & Catherine Washburn Memorial Association



**Save the Date:  
Health Fair  
Sept 6**

**Saturday,  
September 6  
9 a.m. to 12  
noon**

**Lopez Medical  
Clinic**

- **Health Screenings**
- **Wellness Q and A**
- **Health Information Galore**
- **Scones and other refreshments**

**And it's all  
FREE!**

**See you there September 6**

## Health Fair to Wind Up the Summer

**A**fter a break last year, the Health and Wellness Fair returns to the Lopez Medical Clinic this year on Saturday, September 6 from 9 a.m. to 12 p.m. Clinic staff and representatives from a variety of local organizations are preparing for a full morning of activities and services to promote health.



**Refreshments, especially the Clinic's famous scones, are always popular at the Health and Wellness Fair.**

"Many fair-goers in the past have expressed appreciation for this event," says Jill Blair, RN, Clinic Manager. "It's really a successful venue to share wellness information."

As in past years, all ages can sample a range of Clinic services as well as get valuable health information from Lopez Fire and Emergency Services, the San Juan County Department of Health and Community Services, the Lopez Island Family Resource Center, Hospice and Home Support, Lopez Pharmacy, and Island Hospital. And it's all free!

"People really seem to enjoy the relaxed environment of the Health and Wellness Fair," says Jill. Typically, over 250 people attend the half-day event. The Catherine Washburn Memorial Association (CWMA) and Island Hospital have been generous with organizing help and financial support

to make wellness and health maintenance fun and easy. Here are some of the things you can receive at this year's Health Fair:

- Metabolic Syndrome checks (height, weight, blood pressure, and cardiac risk screening)
- Vision and hearing screening
- Bicycle helmets for sale for only \$8-\$10
- Wellness education sessions with Dr. Wilson and Cathy Doherty, nurse practitioner, about heart health, exercise, diet, cardiac risk factors, and diabetes
- Childhood immunization information
- Nutrition, physical fitness, and smoking cessation activities and education
- Tours of the emergency aid units
- Free juices, coffee, tea, fruit—and the famous Clinic scones.



**Lopez EMS volunteers (left to right) Terry Marshall and Mike Strom, along with Paramedic Marty Clark, fitted over 35 fair-goers with new bicycle helmets at the 2006 Health and Wellness Fair.**

## Health Forums Planned



The CWMA Board is making plans for another round of health talks, beginning with a presentation this fall on aging. In the past, visiting physicians have led informative sessions on a range of health topics including women's health and heart disease. Watch for notices in the newspaper and at the Clinic for the upcoming schedule.

# Health Fair

continued from page 1



Thanks to the CWMA and Island Hospital Health Foundation, there is no charge for any of the services. For more information, call the Clinic at 468-2245.

**At the 2006 Health Fair, Public Health Nurse Martha Sharon provides valuable information about smoking cessation and other health promotion topics.**

## CWMA Annual Meeting

# Clinic Reports Another Successful Year

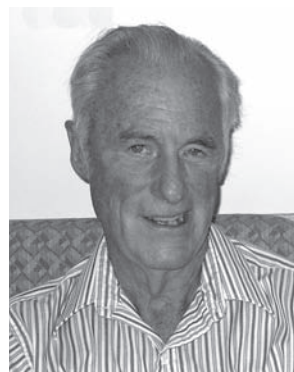
**M**embers of the Catherine Washburn Memorial Association (CWMA) met May 17 to review the past year for the Lopez Clinic and to recognize the accomplishments of the CWMA Board and the valuable work of the Clinic staff.

The CWMA, now with 672 members, began in 1971 to assure that the Clinic is properly equipped and maintained to serve the primary medical care needs of the Lopez Island community. Board president, San Olson, thanked the board and clinic staff for their efforts over the past year. He reported that the Clinic ended 2007 with a positive balance, in part due to a 7.5% increase in patient visits and the addition of 220 new patients. "We're blessed with a hard-working volunteer board and staff to provide outstanding professional services to the community," he said.



**New Board member, Cherill Perera, brings valuable experience from her work with a study on aging as well as service with the San Juan Preservation Trust, Lopez Animal Protection Society, and Lopez Library.**

Clinic Manager Jill Blair reported on the continued strong relation-



**The CWMA recognized retiring Board member Chuck Pope at its annual meeting in May.**

accounting, information systems, purchasing, and pharmacy.

Board members Wendy Mickle and Don Langrock were re-elected to their current positions, and Cherill Perera was elected to replace Chuck Pope, who, regrettably, is moving away from Lopez. In appreciation for Chuck's service, especially his organizing of association mailings and his work on the maintenance of the Clinic facility and helipad, San presented him with a framed digital painting of a Lopez scene by Lane Langford. San also expressed the CWMA board's gratitude to veterinarian Jerry Scherzinger for his many years of devoted volunteer service to CWMA by presenting him with a framed Lane Langford painting of a Lopez farm scene, complete with animals and barn.

ship between the Clinic and Island Hospital (IH) in Anacortes; staffing and fiscal operation are managed by contract with IH. Jill used the meeting as an opportunity to praise IH departments that the Clinic works closely with including diagnostic imaging, patient

## New Director of Clinic Operations

# Suzanne Harris is Link to Island Hospital

The spring brought some changes to Island Hospital (IH) administrative staff that affect Lopez Medical Clinic. Elise Cutter, the Director of Finance and Clinic Operations, gave birth to her third child and later this year will move with her family to Tennessee. Cindy Anderson now serves as the Clinic's liaison with the Finance Department, and Suzanne Harris, the new Director of Clinic Operations, is the Clinic's primary link to IH.

An IH employee since 1999, Suzanne comes to her new role with a great deal of understanding about how clinics work. She formerly served as the Clinic Manager at Anacortes Family Medicine, and about a year ago, she also assumed some administrative responsibilities with IH's Teen Clinic and Prenatal Care Center. "I'm very proud to be an Island Hospital employee," Suzanne says. "It's a very positive place to work, and I'm always learning new things."



**Suzanne Harris, the new Director of Clinic Operations for Island Hospital, views her role as being a communication link between the Lopez Clinic and Island Hospital.**

Suzanne describes herself as a hands-on manager who thrives on learning from staff how to improve work flow and serve patients in a timely fashion. She's been working closely

with the Clinic staff here to implement a new scheduling system that, when fully in place, will assure people get seen when needed, will be capable of scheduling appointments that occur repeatedly, and can help staff personalize instructions for procedures and directions to referral appointments.

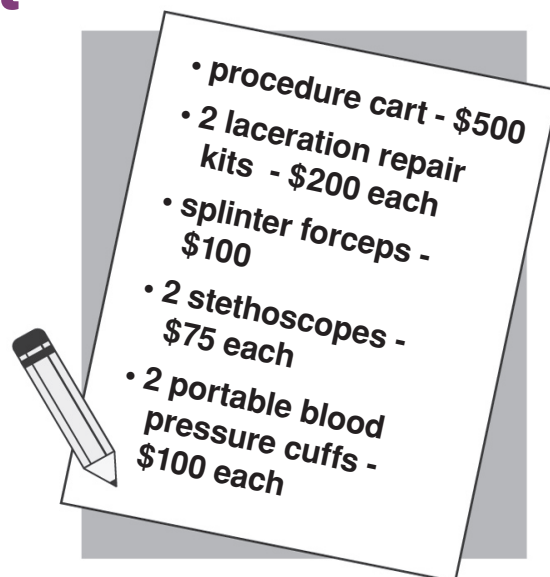
Lopez Islanders will have a chance to meet Suzanne during the Health Fair on September 6 (see page one); she's volunteered to help out wherever she's needed. "I'm looking forward to meeting more people on Lopez,"

she says. "I'm so impressed with the strong team at the Clinic. They demonstrate every single day their commitment to the community and their desire to care for the people who are their neighbors and friends."

## Clinic Wish List

Generous donations from the community help the CWMA achieve its goal to keep the Clinic adequately equipped. Contributions in 2007 supported the purchase of much needed equipment including two wheelchairs, a microscope, a tympanometer, a washer and dryer, and a new scale.

People often ask Board members and staff how they can help, and they keep a Wish List for just those times. See the box on the right for what's on the list now, with approximate costs. If you are interested in helping to purchase any of these items, please contact one of the Board members (see page 4). CWMA is a registered 501(c)3 organization; donations are tax deductible.



## How to Contribute to CWMA

Donations to the CWMA are gratefully accepted any time. To add to funds available for charitable care or medical equipment, or to help with general maintenance and operation, please contact any of the Board members (see page 4). Tax-deductible contributions can be sent to:

Catherine Washburn  
Memorial Association  
P.O. Box 309  
Lopez Island, WA  
98261

## CWMA Board Members

San Olson,  
President

Don Langrock,  
Vice President

Wendy Mickle,  
Secretary

Rick Gadd,  
Treasurer

Tamara Cowan

Diana Hancock

Ann Norman

Cherill Perera

Joe Thornton

# CWMA Scholarship Winners



**April Holland is enjoying the last days of summer before she leaves for Boston and MIT.**



**Arielle Wilson will join older sister, Tasha, at Whitman College this fall.**

Lopez Island is known for its high-achieving students, and this year's high school graduating class was no exception. And it's just possible that someday, two members of the class of 2008 will staff the Clinic here. April Holland and Arielle Wilson (daughter of Clinic physician Bob Wilson) are both headed to college this fall with dreams to go into medicine. April has been accepted at Massachusetts Institute of Technology, and Arielle is on her way to Whitman College in Walla Walla.

Both young women had outstanding high school records and were involved with the student Emergency Medical Services program. Their efforts were recognized with numerous awards and scholarships. Among their honors were scholarships of \$1,000 for each of them from the CWMA. Congratulations!

## Health Matters

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