

Health Matters

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



L.I.F.E. Program

Students at Lopez Island School get hands-on experience with food through these components of the Lopez Island Farm Education (L.I.F.E.) Program.

Rishi Garden

Herb Circle

Fruit Orchard

Raised Beds

Hoop Houses

Farm-to-School Curriculum

Farming Class Elective

Culinary Class Elective

Farm, Food, Sustainability Elective

For more information, visit www.lopez-islandschool.org

Healthy Eating—

School a Vital Partner for Good Health

Questions about nutrition are common during well-child exams at the Clinic. “Parents often struggle with how to get their kids to eat a healthy diet,” says nurse practitioner Cathy Doherty. She’s read the alarming reports about the rise of obesity and diabetes among children in the U.S. and considers supporting parents to foster healthy eating habits an important part of her job. “When we’re checking height and weight, that’s a good time to get conversations going about healthy eating, but that’s just the beginning. We’re fortunate here on Lopez that the school places such a high priority on teaching about and providing nutritious food.” Since 2004 when the Lopez Island School District started its Lopez

Island Farm Education (L.I.F.E.) program, the Clinic has found the school an important partner in promoting healthy eating.

Through a contract with the school district, Clinic nurse, Kai Sanburn, serves as the kindergarten through twelfth grade school nurse. In that role, she is part of the L.I.F.E. team and sees lots of evidence of how this program, with its comprehensive approach to wellness,

benefits the health of the entire community. “The school places a high value on healthy food,” Kai says, “and teaches by doing.” Thanks to support from the Lopez Island Education Foundation, more and more of the food served in the cafeteria comes from local farms and the school’s gardens (see side bar for garden details) that have been developed and maintained by the students themselves. “These garden, farm, and school connections teach about healthy eating and the possibility

of farming as a livelihood,” says Kai. “Those are powerful lessons.”

The school’s wellness curriculum covers a wide range of health topics. Kai teaches about a variety of them, including infectious disease

prevention, and school counsellor Jeanna Carter focuses on emotional wellness. Much of the learning about healthy eating takes place in the Farm-to-School program, coordinated by Lorri Swanson. “But most of the kids know me as the Garden Teacher,” she says. That’s because once a week, students from each grade in the elementary school learn about the full cycle of growing food. Right now, the



Kindergarteners in the school garden (Lorri Swanson photo)



Clinic Hours

Lopez Clinic is open Monday through Friday, 8:30 a.m. to 5:00 p.m. To schedule an appointment, call 360-468-2245 during regular Clinic hours.

After hours and for medical emergencies dial 911 for Lopez Island Emergency Medical Services.

Healthy Eating

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Kai Sanburn (l) and Lorri Swanson (r) with the classroom cooking cart used in the L.I.F.E. Garden program
(Iris Graville photo)

Perhaps the strongest indication of the positive influence of the L.I.F.E. program is in watching and listening to the kids in the cafeteria. If you stop in at lunchtime, you're likely to see students munching on locally grown carrots while they wait to go through the line. "Everything grown on campus is used at school," Lorri explains, and much of the produce prepared by food services staff Dana Cotton and Samantha Taylor was grown just steps from the school kitchen. Recently the Healthy Garden elementary class harvested lots of dark,

seasonal curriculum is focused on seeds and preparing home room beds for planting.

Middle and high school students also have lots of hands-on-learning about food with Farm-to-School teacher Huck Phillips working with them in the school's outdoor gardens. Additionally, the high school offers elective farming and culinary classes. "This program breaks down the mystery of vegetables," says Lorri. Parents benefit from the curriculum, too, through regular updates in the school newsletter about what the students are learning as well as recipes. And some of the kids, like fourth-graders Nick Zoerb and Ashi Bartolucci, are using their new knowledge to create gardens at home.



Dale Shreve's homeroom class seeding cabbage
(Lorri Swanson photo)



Alex Nellie's class preparing their homeroom bed for potatoes
(Lorri Swanson photo)

leafy greens, such as kale, kohlrabi, and Swiss chard, from the school garden and worked with Lorri and Kai to make a rich, creamy, peanut sauce. "The younger students washed the vegetables," Lorri says, "and got a kick out of seeing them stir-fried and then covered in the sauce in a dish called Swimming Rama." It's likely some of them will be asking for this meal at home.

"The L.I.F.E. program is such a good example of community partnership," says Kai. "All of us here at the Clinic appreciate the innovative ways the Lopez Island School District helps students learn about healthy eating in a fun and participatory way."

New (but familiar) Faces

Staff Changes at the Clinic



Aimee Nassoioy, RN, (l) checks Dirk Henkel's blood pressure. She was inspired to get a nursing degree after reading about the health care work of Paul Farmer in very poor countries, including Haiti.

Many people will recognize two long-time Lopezians joining the Clinic staff – Aimee Nassoioy and Patt Moore. Since 1982, Aimee has been a licensed massage practitioner on Lopez. Now she's added another credential and title since graduating from University of Southern Maine nursing program and is working at the Clinic one day per week. "I'm still practicing massage work,



Patt Moore (l) is returning to work at the Clinic now that her two daughters are older. She'll share a receptionist job with Mary Grace Post (r). "I'm back, and I'm never going away!" she says.

and hope to bring more of my holistic care experience into my nursing work," Aimee says.

After working the night shift in medical/surgical inpatient care at Island Hospital, Aimee is enjoying the variety of situations she encounters at the Clinic. "I love caring for people of all ages and nursing in the context of community," she says. "The Clinic provides ongoing care and also responds to emergent needs, so you never know exactly how your day will go when you walk in the door."

Patients will see another familiar face the end of February when Patt returns to the Clinic staff for a third stint as a receptionist. This time she'll share the job with Mary Grace Post. "I love the fast pace of the Clinic," Patt says. "There's always something new happening."

Automatic Door—A Welcoming Improvement

Getting through the front door of the Clinic just got easier. Thanks to the generosity of long-time Lopez Islander Shirley Plummer, the Clinic's front door now has an automatic opener. Shirley's recent contribution to the Catherine Washburn Memorial Association (CWMA) made it possible for the Clinic to purchase and install a metal push button that makes opening the door a breeze.

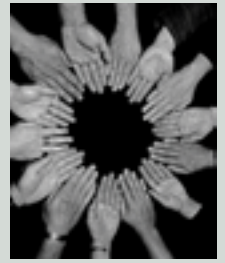
"I wanted to help make it so a wheelchair could get inside before the door got you," Shirley explains, so she approached the CWMA about a way to make entering the Clinic easier and safer. This was something Shirley and her husband, Buck, had talked about before he died in 2005. Both of them spent nearly their entire lives on Lopez and are examples of the island tradition of community support. "When the time came that I could make a contribution, I did," she says, "and it was a way for me to recognize the

70th anniversary of our marriage. I hope it helps a lot of people."

According to Clinic Manager, Jill Blair, there's no doubt that many will appreciate the easier access into the Clinic. "It's definitely a help to anyone who has trouble opening the door. We're all very grateful to Shirley."



Natalie Roush tests out the new electric door provided by fellow islander, Shirley Plummer. "I don't need it yet," says Natalie on her way to a physical therapy appointment, "but someday I might!"



How to Contribute to CWMA

Donations to the Catherine Washburn Memorial Association (CWMA) are gratefully accepted any time. Contributions help with Clinic maintenance and operation (such as Shirley Plummer's donation for the automatic door opener), the purchase of medical equipment, and assistance with medical bills. For more information please contact any of the Board members (see page 4). Tax-deductible contributions can be sent to:

CWMA
P.O. Box 309
Lopez, WA 98261

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Influenza Update

Not Too Late to be Immunized

Fortunately, it appears the H1N1 influenza outbreak was milder than predicted, perhaps due to an ambitious immunization program throughout the U.S. and increased diligence with handwashing and covering coughs. While Clinic staff are breathing a sigh of relief, they are quick to remind people that the virus is still around. Just last month, one person in Washington died and five people were hospitalized due to H1N1.

“We’re not seeing any cases of true influenza here at the present time,” says Clinic manager, Jill Blair, “but there have been some people with pneumonia.” Seasonal flu, the kind typically of concern for people over 65, usually doesn’t peak until February or March, so staff are advising people who haven’t yet had a seasonal flu vaccine to get one now. “We still have both influenza vaccines and will continue giving them until they expire in June,” Jill says.

While you’re thinking about influenza immunization, it’s also a good idea to consult with your health care provider about pneumonia and tetanus vaccines. An immunization for pneumonia usually is recommended for people over 65 as well

as for some children and young adults with chronic health problems. Tetanus immunization needs to be updated at least every 10 years.

People of any age who need immunizations can call the Clinic at 468-2245 to schedule an appointment.



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