



Health Matters

Winter 2011

Health and Wellness Information for Our Community

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Upgrades Galore

CWMA Purchases New Equipment



Two new Hill-Rom stretchers were recently purchased for the Clinic emergency department by CWMA. A contribution from a long-time CWMA supporter made this upgrade possible.

When the Lopez Medical Clinic staff asks, the Catherine Washburn Memorial Association (CWMA) listens. Periodically, staff put requests in to the CWMA for equipment and supplies that keep the Clinic prepared to meet patient needs. Thanks to generous donations, the CWMA recently made several purchases that upgraded equipment that is used heavily.

Stretchers in the Clinic's emergency department were due for replacement. "The old stretchers had served us well for years," says Clinic Manager, Jill Blair, "but they literally were being held together with paper clips!" The two new stretch-

ers include position controls and an x-ray lift that make caring for patients much easier. "We can slide x-ray cassettes into a panel on the stretcher and take images without having to move the patient off the stretcher," Jill says. A built-in scale and an integrated IV pole are other features staff appreciate when providing emergency care. "They are state-of-the-art," says Clinic physician, Bob

Wilson. "They perform beautifully."

Advances in design and technology are evident when Jill demonstrates the ease in changing the positions of the stretchers. Gone are the old style cranks staff had to turn to raise a patient's feet to treat shock; foot pedals also make changing the height of the stretcher easier for staff and smoother for patients. Heavy-duty rotating wheels provide for maneuverability, and the four-wheel dual-locking brakes keep the stretcher stable for procedures.

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How to Contribute to CWMA

Donations to the Catherine Washburn Memorial Association (CWMA) are gratefully accepted any time.

Tax-deductible contributions can be sent to:

CWMA
P.O. Box 309
Lopez, WA 98261

www.lopezislandmedical.org

New Equipment

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Clinic manager, Jill Blair, RN, reports all the staff appreciate how much easier it is to maneuver patients with the new stretchers.

If front office staff sound even more cheerful than usual on the phone, it could be because of the new chairs the CWMA recently purchased for them. The three receptionists, Maribelle Doss, Patt Moore, and Mary Grace Post, spend many hours behind the desk on the phone and at the computers; comfortable chairs with good support are vital equipment for their work. Jill's role as manager requires many hours at her desk as well, and CWMA provided a new chair for her, too. All four are enjoying the cushioning and adjustable features of the chairs at their work stations.

Later this year, the CWMA expects to purchase another piece of equipment that will speed the availability of lab results at the Clinic. This device, called i-STAT, streamlines blood analysis making diagnosis easier and faster for Dr. Wilson and nurse practitioner, Cathy Doherty.

While Clinic staffing and fiscal operation are managed

by contract with Island Hospital of Anacortes, it's the CWMA that maintains the Clinic building and equipment. Needs are ongoing as equipment ages and technology improves, and the CWMA works to replace or upgrade tools needed in the Clinic. Current items on the Clinic Wish List include:

- Blood pressure cuffs (4)
- EKG machine
- Spirometry machine
- White board for ER
- Hose reel for oxygen lines in ER.

The CWMA relies on the support of the Lopez community to keep the Clinic up-to-date, and tax-deductible contributions in any amount are always welcome. Donations can be sent to CWMA at P.O. Box 309, Lopez Island, WA 98261. For more information about needs at the Clinic, contact any of the CWMA Board members (see page 1).



Receptionists Mary Grace Post (left) and Maribelle Doss are delighted with the new office chairs purchased recently by the CWMA.

CWMA and School Linked

On the Road to Promote Health

Most days, Lopez Island attorney Diana Hancock wears at least two hats – one as a member of the Catherine Washburn Memorial Association (CWMA) Board and another as a Lopez Island School Board official. She finds the two fit together so well that she has taken on the role as a liaison between the organizations. “Raising healthy children is a focus of both the school and the Clinic,” Diana says.



CWMA Board member, Diana Hancock, also serves on the Lopez Island School Board and provides a valuable link between these two vital community organizations.

Recently, Diana has shared with the CWMA the exciting, health-promotion efforts of the school’s Lopez Island Farm Education (L.I.F.E.) program. Last winter, *Health Matters* reported on the program’s successful garden project that teaches children about healthy food and provides vegetables for the school cafeteria. “Now L.I.F.E. is building another hoop house for plant starts, and the school is remodeling the technology room for the culinary class,” Diana says.

Another way the CWMA supports Lopez students is to offer scholarships to those Lopez High School graduating seniors who plan to enter a health profession. Diana keeps the school informed of application requirements and deadlines and helps with the selection. “The CWMA budgets about \$1000 each year for these scholarships as a way to encourage students to pursue nursing, dentistry, medicine, nutrition, psychology—really anything related to health,” she explains. Perhaps someday students who’ve participated

in the L.I.F.E. program will be among the scholarship applicants.

For Diana, the link between the CWMA and the school is obvious. “These two groups may take different roads, but we’re all working to achieve the goal of a healthy community.”

Pharmacy Move Planned for Spring

Sometime this spring, the Lopez Island Pharmacy will welcome customers to a new location next to the Lopez Island Historical Museum. Pharmacists Marge and Rick McCoy already have begun work to transform the former Wren Art Studio into a small pharmacy; to reduce the inventory they’ll move, they’re offering great savings on much of the merchandise at their current location.

After 35 years running community pharmacies, first in Denver and since 1994 on Lopez, Marge and Rick hope to take a break soon. “We’ve been working 6 to 7 days a week and putting in 70 hours a week for all these years,” Marge says, “and we can’t keep doing it.” Not that she’s complaining. “When we graduated from pharmacy school, they told us it takes about 7000 people to support a pharmacy. Lopez doesn’t have that many people, but what we *do* have is 2200 really loyal customers. We’re so grateful for them.” It’s concern for those customers and the reality that pharmacists today don’t want to take on the McCoy’s workload that has motivated the move. “We hope a more stream-lined pharmacy will be attractive to a young pharmacist,” Marge says.

Some changes are expected after the move, such as being closed on Saturdays as well as for lunch during the week. “But we’ll still be available 24 hours a day for emergency medication needs,” Marge says. It’s that kind of dedication that makes the Lopez Island Pharmacy a valued partner in promoting health for the community.



Pharmacists Marge and Rick McCoy are preparing for a move to a smaller building this spring.



Lopez Island Pharmacy

157 Village Road
Lopez Island, WA
98261

(360) 468-2616
Mon.- Fri., 9 am-
6pm
Sat., 10 am-5pm

Visit www.lopez-islandpharmacy.com/ for the history of pharmacies on Lopez.

Health Matters

Catherine Washburn Memorial Association
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The Flu Ends With U!

Influenza is a serious contagious disease that can lead to hospitalization and even death. Here are a few easy steps you can take to protect yourself and your family from the flu:

- Get a flu shot. This year's vaccine includes H1N1 and is recommended for everyone six months of age and older.
- Cover your cough/sneeze with a tissue and throw it away (or "cough in your sleeve").
- Wash your hands often with soap and water.
- If you're sick with flu-like symptoms, stay home for at least 24 hours after fever is gone.

Time to Immunize

Flu and Whooping Cough a Risk

Although concerns about H1N1 influenza are much less this year than last, prevention of all kinds of

influenza always is a priority at the Clinic. "This fall, we gave close to 400 doses of flu vaccine," says Clinic Manager, Jill Blair, "and we still have plenty on hand for those who haven't gotten immunized yet." This year's vaccine includes protection for H1N1 as well as two other strains and is recommended for everyone over 6 months of age. The "flu season" often extends well into the spring, so getting an immunization now is a good idea. Most insurance providers cover the cost of the influenza vaccine.

While influenza illness has been low so far this year, Clinic staff report other respiratory conditions are affecting residents. "What we *have* seen a lot of is pertussis and bronchitis," says Clinic physician Dr. Wilson. Pertussis, better known as whooping cough,

is a highly contagious respiratory infection that initially resembles an ordinary cold. It affects both adults and children and

can be especially serious in infants, often requiring hospitalization. The best way to prevent pertussis is through vaccinations, commonly given in infancy and childhood (DTaP). In recent years, a whooping cough booster vaccine for adolescents and adults has been developed called Tdap. Both vaccines protect against pertussis,

tetanus, and diphtheria. Older children and adults who haven't had a tetanus booster in the past ten years are encouraged to receive the Tdap to improve their immunity to pertussis.

To receive any of these immunizations, call the Clinic to schedule an appointment. Many that are recommended for children are available at very low cost. All are a good investment to prevent serious illness.

