

HEALTH MATTERS 2.0

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

October 2020

A Message from the LIHD 2020 Board President, Iris Graville

It's been a whirlwind ten months since I was elected as Board President in January 2020. When Commissioner Rebecca Presley's term as President ended, she decided to retire from the Board to tend to her other responsibilities. The Board's first order of business once I stepped into the role of President was to fill the Commissioner vacancy.

While Commissioner Presley's retirement was a tremendous loss, we were fortunate to recruit a wonderful new Lopezian, Steve Greenstein. Steve was nominated by Commissioner Berger and brings with him a wealth of knowledge in sales and marketing, as well as experience in running a small health care clinic. At a Special Board meeting in June, Steve was appointed to serve as Commissioner until the position is filled by election in November 2021. In his short tenure, Steve has made significant contributions to the Board, and we are pleased to have someone with his expertise representing the District.



Steve Greenstein

This has definitely been a unique time to serve as Board President. In addition to facing a pandemic, we reached the end of our initial three-year term with UW Medicine. We faced a very large challenge in negotiating another three-year term in the midst of a lot of unknowns. I'm proud of the contributions from Superintendent Anne Presson and Board members. Everyone worked together to support the Lopez Island and county-wide activities during the pandemic. We also found time to work closely with the leadership at UW, including our Lopez Clinic leadership, to successfully execute a new three-year Clinical Services Agreement (CSA). Having the support of UW Medicine during the pandemic was invaluable, and we look forward to our continued relationship.

By late summer, as business returned to some degree of "normal," we refocused on addressing the goals we set following the 2019 Health Care Survey. Those areas of concern, and our 2020 activities, centered around the following topics:

1. **Continuation of Physical Therapy on Lopez** – As we are currently working on the LIHD's 2021 budget, we are including continued support for LIPT to ensure the practice is able to survive in spite of the challenges posed by the ongoing pandemic.
2. **Access to Primary and Urgent Care** – the UW Lopez Clinic continues to reserve a large percentage of daily slots for same day appointments. Over the busy season of June through September, the clinic accommodated a **total of 475** patients with same day needs.
3. **Mental Health** – over the summer, UW Medicine launched a pilot program to make tele-psychiatric services available on Lopez. Ask your provider for more information.
4. **Communication** – the LIHD worked with UW to produce magnets in English and Spanish that provide information on how to make appointments for different types of services at the UW Lopez Clinic. We also distributed a bilingual flyer with more detail about how to access care during COVID-19.
5. **Emergency Air Transport** – Superintendent Presson worked with Lopez Fire & EMS, CWMA, the Port of Lopez and the UW Lopez Clinic to support Airlift Northwest's stationing their helicopter on Lopez every Thursday, Friday, and Saturday from 11am to 3pm.

I'm honored to serve as Board President and look forward to delivering on our mission to ensure high-quality, island-appropriate health care is available to all Lopezians. As always, we encourage participation at our monthly Board meetings, and the Commissioners and Superintendent Presson welcome your thoughts, feedback and suggestions. Please visit the LIHD website (<https://www.lopezislandhd.org>) for our calendar and contact information.

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Catherine Washburn Medical Association

CWMA's purpose, since 1971, is to assist in whatever way possible in the erection, completion and maintenance of medical facilities on Lopez Island. Our role has changed as the years have gone by and we now have a broader scope of facilities and services that we support. In addition to the Lopez Clinic, we support Lopez Island Physical Therapy (LIPT) and Lopez Fire and EMS (LIFE). We work closely with the Lopez Island Hospital District (LIHD) whose mission is to ensure high-quality, island appropriate care.

In the past 9 months, CWMA has completed the remodeling of the clinic building to provide a separate lab, with its own waiting room as well as new furniture and equipment. As usual, we have provided ongoing equipment and maintenance for the clinic and have worked to improve our procedures for timely response. Lopez Island Physical Therapy was just getting started in their new space, which was subsidized by CWMA, when the pandemic hit, and they have needed additional financial support to weather the subsequent ups and downs while still providing their important services to the community. We also donated funds to the Lopez Fire and EMS (LIFE) to purchase a replacement Heart Monitor/Defibrillator.

Due to the COVID pandemic, we have provided financial support to local groups like the Lopez Covid Health Support group who has provided over 13,000 masks free to the public. We also offer support thru the Lopez Island Clinic, the Family Resource Center, the Lopez Pharmacy, and Lopez Island Physical Therapy to help people who may not be able to afford their services

Fall is the time for CWMA's traditional Membership Drive. This is our primary way to raise funds to support all the many facilities and organizations who provide medical services to our community and to support healthcare access on Lopez Island. The major expenditures are for the clinic building and equipment, subsidized rental expenses for the clinic and LIPT, as well as other medical related needs as they arise. We are a small, isolated, rural community. Without your support we would not have the quality of medical care here that we do. If you are already a member, thank you! We hope you will renew your membership. If you are not a member, please consider joining us now. Membership is only \$25 for each household. Additional donations are encouraged. In past years, large donations have allowed us to purchase state of the art X-ray and Ultrasound machines. Lopez Island is recognized for our unique and high-quality medical services. Your support helps to continue this legacy. Please visit our website catherinewashburnmedical.org for details on Membership and Donations.

We especially want to thank Marty Clark for her seven years of service on the CWMA board. And we offer a warm welcome to Jeff Clark, our newest board member (not related to Marty). See all the board members on our website's <https://catherinewashburnmedical.org>



Marty Clark

catherinewashburnmedical.org Contact CWMA page.

What to Know About Flu Season During COVID-19

It's that time of the year. One minute you're soaking up the autumnal goodness of the season — fall leaves! festive lattes! fuzzy socks! — and the next you're curled up on your couch with a fever, body aches and a cough that just won't quit.

Could it be COVID-19? Could it be the seasonal flu? Or could you actually have both illnesses at the same time? The answers are yes, yes, and yes.

How are the symptoms of COVID-19 different from the flu?

Unfortunately, there's no way to tell if you have COVID-19 or the seasonal flu based on your symptoms alone. That's because, while the diseases are completely different, their symptoms are deceptively similar.

The most common COVID-19 symptoms include fever, cough, shortness of breath, fatigue, headaches, body aches, loss of smell or taste, a sore throat, a runny or congested nose, vomiting and diarrhea.

The most common influenza symptoms include fever, cough, fatigue, headaches, body aches, a sore throat and a runny nose.

Can you get the flu and COVID-19 at the same time?

Further complicating this perfect storm is that it's indeed possible to get sick with both COVID-19 and the flu.

Who is at high risk from the flu?

Groups who are most at risk of severe illness from influenza include people who have compromised immune systems such as those undergoing cancer treatment, pregnant women, children younger than 2 and adults older than 65. Unfortunately, many of these high-risk groups overlap with those who are at higher risk for severe illness from COVID-19.

But even if you're relatively young and healthy, it doesn't mean you should simply shrug off the flu — or COVID-19, for that matter.

When should you get the flu shot?

Although it's difficult to predict exactly when the seasonal flu will peak each year, the ideal time to get your flu shot is in early fall.

The bottom line

Getting a flu shot is more important than ever. To schedule your vaccination, call the UW Medicine Lopez Island Clinic at 360.468.2245 and press #2.

Make an Appointment at the UW Medicine Lopez Island Clinic

- Book online through eCare at uwmedicine.org/book-now
- Call the clinic at 360.468.2245
 - Press #1 to schedule a routine visit with your provider
 - Press #2 to schedule a lab visit or if you have an urgent concern
 - Press #3 for COVID-19 information