

LOPEZ ISLAND

Health Resources Directory

2024

Medical providers, crisis hotlines, hospice, mental health resources, food programs, fitness, dentistry, senior services, and more.



**Catherine Washburn
Medical Association**

LOPEZ ISLAND Health Resources Directory 2024

Catherine Washburn Medical Association offers this directory free to all households with the support of a generous grant from the Lopez Thrift Shop.

It is also available on CWMA's website:
www.catherinewashburnmedical.org under Resources.

or by scanning the QR code below.



All information was verified and approved by the groups and organizations listed. To suggest changes or additional listings, please email: lopezhealth@catherinewashburnmedical.org

Please note: all addresses in this directory are located on Lopez Island, WA 98261 unless otherwise specified.

***Catherine Washburn Medical Association:
Helping Lopez Islanders for 53 years***

Catherine Washburn Medical Association has been working to ensure ongoing medical care on Lopez since 1971. We raised the funds to build the Lopez Clinic in 1974, and funded its subsequent expansions and remodel. CWMA owns the clinic building and continues to purchase and maintain much of its equipment.

We have supported these additional health-related services since 2017:

Helping Lopez Island Physical Therapy
with rent and equipment purchases.
Paying medical bills for those who need
assistance.

Sponsoring vaccination clinics during the
pandemic, purchasing a refrigerator
for vaccines and materials to make
free masks, and paying nurses'
license renewal fees.

Helping Lopez Fire and Emergency Medical
Services with equipment purchases.



**Catherine Washburn
Medical Association**

Table of Contents

Doctors and Medical Providers

UW Medicine Lopez Island Clinic	4
Lopez Fire and EMS	6
Lopez Island Physical Therapy	7

24-Hour Crisis Hotlines 8

Dental

Access to Baby and Child Dentistry program	9
Bayview Dental	10

Fitness

Islander Resort Workout and Spa	11
Lopez Fit	12
Lopez Strength and Conditioning	13
Yoga	14

Food and Nutrition

Food Share	15
Meals on Wheels, <i>see Lopez Senior Services</i>	
Women, Infants and Children Program (WIC)	16

Health and Well-Being Programs

Early Childhood Education & Assistance Prog.	17
Heart & Soul Café	18
Lopez Island Family Resource Center	19
Luci B. Wellness Van	20
Massage, Acupuncture, and Reiki	21
Respite Support for Caregivers	23

SAFE San Juans	24
SJC Reproductive Health Services	25
Hospice Services	
Lopez Island Home and Hospice Support	26
Hospice Northwest	27
Local Hospital Listings	28
Mental Health Resources	
Alcoholics and Narcotics Anonymous	29
Compass Health	30
Mobile Crisis Outreach Team	31
Private practice therapists and counselors	32
Pharmacy	
Lopez Island Pharmacy	33
Resources and Organizations	
Catherine Washburn Medical Association	34
Lopez Island Hospital District	35
San Juan County Health Department	36
Senior Services	
Hamlet House Adult Family Home	37
Lopez Senior Services	38
Transportation Services (Medical)	39

UW Medicine Primary Care

Lopez Island Clinic

UW Medicine operates Lopez Island's primary care clinic in partnership with Catherine Washburn Medical Association (CWMA) and the Lopez Island Hospital District (LIHD).

Walk-in appointments are available every day that the clinic is open. Based on medical necessity, our clinical team helps determine the best care plan which may include a walk-in appointment, scheduled appointment, telemedicine (online video appointment) or other form of care.

Telemedicine appointments are available from 8 am - 8 pm, seven days a week from anywhere in Washington state. They are an excellent way to speak directly with a provider.

Speak with a nurse at Lopez Clinic during regular hours by calling the clinic at (360) 468-2245 x2 or by sending a MyChart message to the care team.

On-call nurses are available by phone 24-hours-a-day, seven days a week, 365 days a year. Call the clinic at (360) 468-2245 and follow the on-call nurse prompt.

Comprehensive Healthcare Services:

Acute illness

Chronic disease management

Injury care

On-site x-ray, EKG, and lab testing

Pediatric checkups

Preventive healthcare and screening

Primary care

Sports and employment physicals

Telemedicine (online video appointment)

Phone: (360) 468-2245

Press 2 to be connected to the Lopez clinic

Fax: (360) 468-2856

Hours: Monday - Friday, 8 am - 5 pm

Street address: 103 Washburn Place

Website:

www.uwmedicine.org/locations/primary-care-lopez-island

MyChart Website: www.uwmedicine.org/mychart

Lopez Fire and Emergency Medical Services

Lopez Fire Department and EMS is on call 24 hours a day for fire, rescue, and medical emergencies.

Services:

Car accidents

Domestic violence

House fires

Medical emergencies

Mental health crisis

Rescues

Wild fires

Emergency: 911

Phone: (360) 468-2991

Available: 24 hours

Office hours: Monday - Thursday, 8:30 am - 4:30 pm

Street address: 2228 Fisherman Bay Road

Website: www.lopezfire.com

Lopez Island Physical Therapy

Rehabilitation therapy for back pain, neck pain, shoulder injuries, hand and foot injuries, knee pain, joint replacements, balance, pelvic floor weakness, osteoarthritis, stroke recovery, and more.

Services:

Balance and gait training

Manual therapy techniques:

 Joint mobilization

 Manual traction

 Soft tissue mobilization

Moist heat, ultrasound, and paraffin bath therapy

Therapeutic exercise

Phone: (360) 468-4382

Fax: (360) 468-2193

Hours: Monday - Friday, 8 am - 5 pm

Street address: 192 Lopez Road

Mailing address: P.O. Box 881

Website: www.lopezislandpt.com

24-Hour Crisis Hotlines

Domestic violence or sexual assault: 1 (877) 715-1563

Fire, rescue, and medical: 911

Mental health emergency: 1 (800) 584-3578

Suicide and crisis hotline: 988

Suicide hotline for veterans: 1 (800) 273-8255

Access to Baby and Child Dentistry *(ABCD)*

Available to Lopez children insured by Washington Apple Health (Medicaid), this program connects low-income families with dentists providing dental care for children from birth to age six.

Phone: (844) 888-5465

Email: kristenr@sanjuancountywa.gov

Website: dentistlink.org

Bayview Dental

Bayview Dental is a full-service dental practice located in Lopez village.

Services:

Bridges

Cleaning

Composite fillings

Comprehensive treatment planning

Crowns

Diagnosis and treatment of periodontal disease

Extractions

Full exams

Implants

Mouth guards

Partials/dentures

Snore/apnea appliances

Tooth whitening

Veneers

Phone: (360) 468-2551

Hours: Monday - Thursday, 8 am - 4 pm

Street address: 157 Village Road

Email: office@bayviewsmiles.com

Website: www.bayviewsmiles.com

Islander Resort Workout and Spa

A small local gym open to residents and tourists.

Services:

Hot tub

Swimming pool

Workout machines

Phone: (360) 468-2233

Street address: 2864 Fisherman Bay Road

Website: www.lopezfun.com

Lopez Fit

Lopez Fit is a non-profit community gym in Lopez village.

Services:

Cardio and strength machines

Circuit training

Classes

Free weights

Personal trainers

Yoga

Zumba

Phone: (360) 468-3199

Hours: Weekdays 7 am - 6 pm, Saturdays 7 am - noon

Street Address: 23 Pear Tree Lane

Email: info@lopezfit.org

Website: www.lopezfit.org

Lopez Strength and Conditioning

Gym located in Lopez village.

Services:

Fitness classes

Personal training by appointment

Self-entry

Taekwondo

Teen athlete classes

Phone: (360) 499-1385

Hours: Open everyday, self entrance

Address: 2262 Fisherman Bay Road

Lopez “Weeks” Garage, South Bay entrance

Email: lopezstrengthandconditioning@gmail.com

Yoga

Creaky Yoga Chair Class

Location: Grace Church, 70 Sunset Lane

Hours: Monday and Thursday, 10:45 - 11:45 am

Website: creakyyoga.org

Creaky Yoga Mat Class

Location: Grace Church, 70 Sunset Lane

Hours: Monday and Thursday, 9:15 - 10:15 am

Website: creakyyoga.org

Yoga and Certified Yoga Therapy, Llewellyne Arden

Phone: (360) 298-8485

Website: vitalityyogatherapy.com

Yoga with Nikyta Palmisani

Location: Down Dog Studio, 3042 Center Road

Email: nikytapalmisani@gmail.com

Website: nikytapalmisani.wordpress.com/yoga

Food Share

Lopez Food Share is a local food pantry providing everyone on Lopez Island access to healthy, nourishing fresh produce, dairy, dry goods, meat, and more.

Services:

Food donations welcome

Home delivery option

In-person shopping

Online ordering

Phone: (360) 809-0468

Street address: 1008 Dill Road

Email: pedro@lifrc.org

Website: www.lifrc.org/foodshare

Women, Infants & Children Program ***(WIC)***

WIC helps families access healthy food and provides support for pregnant women, new and breastfeeding moms, and children age five and under.

Services:

Breast pumps

Breastfeeding education, support, and contact with moms

Health screenings and referrals

Ideas about how to enjoy family time together

Identification of health risks

Immunization screenings and referrals

Information and resources to keep breastfeeding after going
back to work or school

Kid-friendly recipes + tips about feeding your children, and
improving your family's health and nutrition

Measuring growth, height, weight, and blood iron levels

Nutrition advice for feeding children with food allergies

One-on-one appointments with a lactation consultant

One-on-one free counseling with a nutritionist

Referrals to other services

Phone: (360) 298-5140

Email: candaced@sanjuanco.com

Early Childhood Education and Assistance Program

The Early Childhood Education and Assistance Program (ECEAP) helps children and families who have limited financial resources receive the education services they need.

Services:

Customized curriculum

Family support

Free school meals

Health screenings

High-quality teacher and child interactions

Kindergarten readiness assistance

Nutrition, health, and parenting education

Phone: (360) 643-6239

Email: chelsieg@sanjuanco.com

Website:

www.sanjuanco.com/422/Early-Childhood-Education-Assistance-Pro

Heart & Soul Café

A welcoming, inclusive place to gather for connection, support, a healthy meal, and a space to just be.

Everyone is in recovery from something; everyone has wisdom to share.

Services:

Chemical-free gathering for individuals 18+

Connection

Conversation

Free community meals

Peer-to-peer support

Hours: Wednesday and Friday, 4 - 7 pm

Location: Grace Episcopal Hall, 70 Sunset Lane

Website: www.heartandsoulcafelopezisland.org

Lopez Island Family Resource Center

The LIFRC provides services and resources to support the basic needs of everyone on Lopez Island.

Services:

Advocacy

Early childhood learning

Food programs

Health and wellness

Household support

State applications for basic food and medicaid

Veterans services connection

Youth enrichment

Youth learning

Phone: (360) 468-4117

Hours: Monday - Thursday, 10 am - 4 pm

Street address: 23 Pear Tree Lane

Mailing address: P.O. Box 732

Website: www.lifrc.org

Luci B. Wellness Van

San Juan County's Luci B. Wellness Van periodically comes to Lopez to provide mobile health services for island residents.

Services:

Community outreach and education

Health and nutrition education

Immunization clinics

Reproductive health counseling

Wellness screening

Phone: (360) 378-4474

Hours: By appointment

Website:

www.sanjuanco.com/1917/Luci-B-Community-Wellness-Van

Massage, Acupuncture, and Reiki

Julienne Battalia: Acupuncture

Office: 210 Lopez Road

Phone: (360) 468-9099

Email: laih@protonmail.com

Website: lopezislandacupuncture.com

Megan LeBoutillier: Massage

Phone: (360) 298-2978

Email: boutibodyworx@gmail.com

Aimée Nassoïy: Massage

Office: 210 Lopez Road

Phone: (360) 468-5164

Email: anassoïy@yahoo.com

Kiyo Oya: Massage

Phone: (360) 298-2978

Email: kiyo_oya@yahoo.com

Hannah Rose: Massage

Office: 265 Lopez Road, Suite E

Phone: (360) 317-8513

Website: hannahrose.amtamembers.com

Alina Simpson: Massage

Office: 210 Lopez Road

Phone: (707) 267-8598

Email: lotusawakeningbodywork@gmail.com

Susie Teague: Reiki

Phone: (360) 298-8665

Email: whispersofnature@gmail.com

Wendy Westervelt: Reiki

Phone: (360) 468-3577

Email: wendyreikidoula@gmail.com

Respite Support for Caregivers

This program allows unpaid caregivers providing home care for a friend or family member to take a break from their caregiving responsibilities.

Services:

To give caregivers a rest, the service arranges a temporary stay for the patient at Hamlet House on Lopez or in a similar facility on the mainland.

Phone: (360) 468-2421

Email: ronib@sanjuanco.com

SAFE San Juans

This program supports survivors of domestic violence and sexual assault while working to reduce abuse.

Services:

Free, confidential services for survivors and their loved ones including:

24/7 crisis intervention

General, legal, and medical advocacy

Professional mental health counseling/therapy

Safety planning and shelter

Support for family and friends

Support groups

24-hour hotline: (360) 468-4567

Phone: (360) 468-3788

Office Address: 262 Weeks Road, Unit C

Hours: by appointment

Website: safesj.org

SJC Reproductive Health Services

San Juan County provides services for women who are pregnant or considering becoming pregnant.

Services:

Confidential pregnancy testing

Education

Pregnancy intention screening

Referrals for follow-up care

Reproductive health and contraceptive counseling

Phone: (360) 370-7511

Email: stephanes@sanjuanco.com

Lopez Island Home and Hospice Support

Trained volunteers provide hospice services and in-home support to islanders who are experiencing illness, injury, and/or loss.

Services:

Bereavement and grief support

Care for the homebound or terminally ill

Companionship

Help around the house

Home safety equipment grants

Hospice support

On loan: wheelchairs, crutches, shower chairs, and other durable medical equipment

Respite for caregivers

Services to help people stay safe at home

Phone: (360) 468-4446

Hours: Monday - Thursday, 8:30 am - 12:30 pm

Street address: 178 Weeks Road

Mailing address: P.O. Box 747

Website: www.lihhs.org

Hospice Northwest

Trained hospice professionals come to your home to work with you, and those caring for you, to plan end-of-life care and support.

Services:

Bereavement support

Caregiver education and support

Family services and coordination

Integrative services

Pain and symptom management

Skilled personal care

Spiritual care

Veteran-centered services

Phone: (360) 814-5550

Street address: 227 Freeway Drive
Mount Vernon, WA 98273

Email: Hospice_Info@hospicenw.org

Website: www.hospicenw.org

Local Hospital Listings

Island Health, Anacortes

Phone: (360) 299-1300

Address: 1211 24th Street, Anacortes, WA 98221

Website: islandhealth.org

Peace Island Medical Center, Friday Harbor

Phone: (360) 378-2141

Address: 1117 Spring Street, Friday Harbor, WA 98250

Website: peacehealth.org

Skagit Valley Hospital, Mount Vernon

Phone: (360) 424-4111

Address: 300 Hospital Parkway
Mount Vernon, WA 98274

Website: skagitregionalhealth.org

St. Joseph Medical Center, Bellingham

Phone: (360) 734-5400

Address: 2901 Squalicum Parkway
Bellingham, WA 98225

Website: peacehealth.org

Alcoholics and Narcotics

Anonymous

Regular, local, confidential meetings for individuals seeking to free themselves from alcohol or drug issues.

Alcoholics Anonymous

Hours: Monday, 7 pm and Saturday, noon

Location: 23 Pear Tree Lane (LIFRC)

Narcotics Anonymous

Hours: Thursday, 6 pm

Location: Soot and Bone, 4223 Center Road

Al-Anon (support for families and friends)

Hours: Saturday, 9:30 - 10:30 am

Location: The Gathering Place, 229 Village Road

Compass Health

Compass Health coordinates mental health and primary care providers, peer counselors, first responders, and community organizations to help individuals needing physical, psychological, medical, and emotional support receive the treatment they need.

Services:

24-hour crisis prevention and intervention
Adult outpatient or residential treatment
Affordable housing assistance
Community education
Comprehensive mental health treatment
Counseling and support for children and families
Homeless support
Medication management
Outpatient substance use treatment
Psychiatric evaluation
Transition programs

24-hour crisis line: 988

Phone: (360) 378-2669

Fax: (360) 378-5669

Hours: by appointment

Street address: 46 Eads Lane

Website:

www.compasshealth.org/location/lopez-island-office

Mobile Crisis Outreach Team ***(MCOT)***

This team of mental health professionals is available 24-hours a day to help individuals who are experiencing a mental health crisis. Offering phone or in-person crisis support with follow up counseling and referrals. No out-of-pocket cost for these services.

Services:

Crisis intervention

Involuntary treatment assessment

On-going support

Resource referrals

Lopez crisis responder: (360) 682-4138

Crisis line: (800) 584-3578

Physical danger: 911

Recovery Navigator Program: (360) 200-7660

Navigator website: compasshealth.org/services/rnp

Mobile crisis team website:
compasshealth.org/services/mcot

Mental Health Resources for San Juan County:
www.gethelpwashington.com

Private Practice Therapists and Counselors

Kristin Fernald

Phone: (360) 468-3785

Website: www.kristinfernald.com

Paul Lewis

Phone: (360) 472-0028

Email: pathintegral.counseling@gmail.com

Amy Ray

Phone: (808) 345-5127

Website: www.goldencircleco.org

Sheila Simpson-Creps

Phone: (360) 234-3589

Website: www.artwellspring.com

Sarah Trelease

Phone: (917) 733-6407

Email: sarahtrelesecounseling@gmail.com

Nancy Utt

Phone: (425) 503-5183

Carol Anne Weiss

Email: carolanneweiss@gmail.com

Lopez Island Pharmacy

Lopez Island Pharmacy offers a full range of prescription and pharmacy-related services.

Services:

Braces

Cold and cough medicine

Emergency and after-hours service

First aid supplies

Oral and foot care products

Prescriptions

Travel prescriptions

Vaccinations

Vitamins

Phone: (360) 468-2616

Fax: (360) 468-3825

After hours: (360) 468-2616, press 5

Hours: Monday - Friday, 9 am - 6 pm

Closed 12:30 pm - 1:30 pm for lunch

Street address: 352 Lopez Road

Mailing address: P.O. Box 190

Email: rph@lopezislandpharmacy.com

Website: www.lopezislandpharmacy.com

Catherine Washburn Medical Association

Founded as a non-profit to build the first clinic on Lopez in 1971, CWMA's volunteer Board of Directors has now expanded their mission to support many health-related services on the island.

Services:

Equipment purchases for the clinic

Financial support for Lopez Island Physical Therapy,
Lopez Fire and EMS, and others

Medical bill payment for those with limited resources

On-going upkeep of the clinic building

Mailing Address: P.O. Box 309

Email: cwma@catherinewashburnmedical.org

Website: www.catherinewashburnmedical.org

Lopez Island Hospital District

Lopez Island Hospital District is a community-created, governmental entity authorized by state law to deliver health services to district residents and others in the district's service areas.

Services:

The hospital district provides supplementary financial support to healthcare providers such as Lopez Island Clinic, Lopez Island Physical Therapy, and other organizations as needed.

Phone: (360) 622-2729

Hours: by appointment

Street address: 262 Weeks Road, Suite B

Mailing address: P.O. Box 976

Email: rkoplan@lopezislandhd.org

Website: www.lopezislandhd.org

SJC Health Department

SJC Health Department provides regular immunization clinics on Lopez for individuals under the age of 19 years and for uninsured adults.

Services:

COVID vaccines for individuals under 19 years and uninsured adults

Influenza vaccines for individuals under 19 years and uninsured adults

Routine vaccinations for individuals under 19 years

Note: Adults with insurance who need immunizations should contact their primary care provider or pharmacy.

Phone: (360) 378-4474

Hours: by appointment

Lopez address: 23 Pear Tree Lane, Suite 140

Main Address: 145 Rhone Street
Friday Harbor, WA 98250

Website: www.sanjuancountywa.gov

Hamlet House Adult Family Home

Lopez Island's only adult family home.

Services:

24-hour care

Common living room, dining room, and kitchen

Housekeeping and laundry services

Medication supervision

Three home-cooked meals daily

Phone: (360) 468-3800

Street address: 273 Village Road

Email: hamlethouse@rockisland.com

Website: www.lopezhamlet.com

Lopez Senior Services

Senior Services provides a wide variety of programs, resources, and services to those age 60+ on Lopez.

Services:

Case management

Education programs

Farmer's Market food voucher program for low-income seniors

Hot lunches Tuesday and Thursday at 11:30 am

Information and referrals

Listing of independent caregivers

Meals-on-Wheels

Monthly family caregiver support group

Monthly foot care clinic

Monthly hearing tests

Produce delivery to homebound seniors

Senior Signal newsletter

Transportation vouchers for ferries and taxi services

Phone: (360) 468-2421

Fax: (360) 468-3021

Hours: Tuesday - Friday, 9 am - 3:30 pm

Street address: 4102 Fisherman Bay Road

Mailing address: P.O. Box 154

Email: ronib@sanjuanco.com

Transportation Services (Medical)

Air Ambulance Services

Paid membership programs that fly islanders to mainland hospitals in case of a medical emergency. The programs cover out-of-pocket costs like co-pays and deductibles for those whose health insurance has an ambulance benefit.

Airlift Northwest

Phone: (888) 835-1599

Website: www.uwmedicine.org/airliftnw

Island Air Ambulance

Phone: (360) 378-2376

Website: www.islandairambulance.com

LifeFlight

Phone: (888) 238-1428

Website: www.airambulanceworld.com/life-flight/washington/lopez-island

Angel Flights West

A volunteer organization that arranges donated flights and ground transportation for those with non-emergency healthcare or other compelling needs.

Phone: (888) 426-2643

Website: www.angelflightwest.org

Island Rides

A non-profit that provides free or low-cost car transportation to seniors, those with a disability, or anyone with a medical need on Lopez Island.

Phone: (360) 317-3107

Email: islandrides@gmail.com

Website: www.islandrides.org

Mert's Taxi

Free taxi service for seniors traveling from the Anacortes ferry landing to their medical appointments at Island Health.

Phone: (360) 708-6358

Join us in our mission to keep Lopez healthy!

As an all-volunteer non-profit organization, Catherine Washburn Medical Association is funded 100% by donations and memberships. We could not do the important work of supporting healthcare services here without you.

Annual membership is still just \$30 per household. Thank you in advance for renewing your membership. Please consider making an additional donation today, and encourage your friends and family to donate.

From each of us on the CWMA board, thank you for your generosity. Together we will continue the good work of keeping Lopez healthy!

Katherine Bryant Ingman, President	Taya Higgins
Barbara Nepom, Vice President	Ann Palmer
Sarah Munson, Secretary	Kerby Phelps
Jeff Clark, Treasurer	Bill Post van der Burg
Diana Hancock, former President	

To make a tax-deductible donation and learn more about CWMA, please visit our website:
www.catherinewashburnmedical.org