



ISLAND PRIMARY CARE  
ORCAS

A DEPARTMENT OF ISLAND HOSPITAL

7 Deye Lane • Eastsound, WA 98245 • 360.293.3101 • [www.islandhospital.org/orcas](http://www.islandhospital.org/orcas)

## CLINIC UPDATE

September 21, 2021

Island Primary Care – Orcas is working hard to help our community contain COVID-19 and its variants. As we head into cold and flu season, it's especially important to do everything we can to stay healthy.

### COVID-19 Testing and Vaccination Update

San Juan County leads the state in vaccination rates. Thank you, Orcas Island and San Juan County residents, for doing your part to end this pandemic! Unfortunately the fight is not over. We still have work to do with our younger populations, those ages 12 through 34 have significantly lower rates of vaccination compared to those over 35 years of age. We're also seeing alarming hospitalization rates; the highest they've been throughout the entire pandemic. For hospitals to operate at sustainable levels, we're asking people to please get vaccinated as soon as possible, wear a mask, stay home when ill and get tested if you've been exposed or have COVID-like symptoms.

### TESTING

Island Primary Care – Orcas offers **COVID-19 testing by appointment only** on Monday, Wednesday and Friday from 11 am – 12 pm, and Tuesdays from 4 – 6 pm. Testing is available for:

- Patients who have COVID-like symptoms.
- Patients who have been exposed to someone who has tested positive for COVID-19.
- Pre-procedure tests.

Testing for travel purposes is postponed until further notice.

Ray's Pharmacy offers PCR testing Tuesdays and Thursdays for travel, school, camp, work and procedure requirements.

To find other COVID-19 test sites, please

visit: <https://www.doh.wa.gov/Emergencies/COVID19/TestingforCOVID19>

### VACCINATIONS

Island Primary Care – Orcas will be offering COVID-19 vaccinations and boosters at in-clinic appointments starting in October.

For other vaccine locations in San Juan County, visit the San Juan County Public Health website, <https://www.sanjuanco.com/1737/COVID-Vaccine-Info>.

You can also find up-to-date information on our website at [www.islandhospital.org/coronavirus](http://www.islandhospital.org/coronavirus).

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## Our Promise

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### Island Primary Care – Orcas Celebrates Staff Moves and Welcomes New and Returning Staff

Help us celebrate team member transitions and welcome new team members to Island Primary Care – Orcas.

**Patient Liaison:** Alenna Garcia

Alenna has been with the Clinic from the start, formerly serving as a Patient Appointment Coordinator. We are excited to share that Alenna has moved into the new role of Patient Liaison as of this month. This position is a new role for the Clinic. The Liaison works collaboratively with care teams at Island Hospital, insurance companies, and community resources to effectively assist patients in navigating complexities and transitions of off-island services.

“I am most excited for this new role for the learning experience and helping patients through new challenges in the medical field.” – Alenna

**Patient Appointment Coordinator:** Bridget Wright

Bridget was formerly a member of OFHC and we are delighted to have her come on board serving in the role of Patient Appointment Coordinator.

“Being a patient appointment coordinator and member of the front desk staff allows me to set the tone for our incoming patients. I want them to know that we are here for them, that we hear their needs, and that their health is in good hands. It allows me to interact in a positive and meaningful way with my community, which is most of the reason why I work in the industry.” – Bridget

**Lab Assistant/Phlebotomist:** Syann Neal

We are excited to welcome Syann to the Clinic and to Orcas! She has been a phlebotomist for 23 years, and her intention is to always try to make what can sometimes be an unpleasant experience better and as easy as possible for the patient.

**Registered Nurses (RNs):** Veronica Alexander and Cheryl Holland

We could not be more excited to bring on two experienced RNs who are also new to Orcas.

“To me being a nurse means helping those when no one is watching and credit may never come, but knowing at the end of the day a small amount of comfort may come their way.” – Veronica

“I always like to help people and be the good in the world.” – Cheryl

**Providers:** Dr. Peterson’s patient panel will be grateful to learn that he has grown very attached to this community, and he has given our Clinic a long-term commitment.

All of our providers and staff look forward to taking care of our community.

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### Community Education's October Class Offerings

Community Education classes continue to be offered online at this time. All online classes at Island Hospital are free and require registration unless specifically stated in the class description. Any health screenings that Island Hospital is offering during this time take place on our main campus in Anacortes.

If you have questions, please call Island Hospital Community Education for more information: 360-299-4204.

To view upcoming classes, visit [www.islandhospital.org/classes](http://www.islandhospital.org/classes)

Meet Island Hospital's Diabetes Educator and Clinical Dietitian, Amanda Lungren, RDN, CDCES.

Amanda Lungren's keen interest in nutrition, science and culture led her to pursue a Bachelor of Science degree in Nutrition and Kinesiology at the University of Las Vegas, Nevada. Lungren is a Certified Diabetes Care and Education Specialist (CDCES) and holds training certificates in Diabetes Prevention, Childhood and Adolescent Weight Management, and Adult Weight Management, all of which are recognized by the Centers for Disease Control.

When Lungren isn't working, she keeps busy practicing yoga, biking, dancing or paddle boarding. She enjoys spending time with her family and taking care of their six chickens, two dogs and one rooster—fingers crossed for a goat next year.

*To schedule an appointment with Lungren, please call (360) 299-4934 or visit [www.islandhospital.org/diabetes-education/](http://www.islandhospital.org/diabetes-education/).*

Island Primary Care – Orcas is here for your healthcare needs. You can reach us by calling: (360) 376-2561 or (360) 293-3101.

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