

# The Health News

*Keeping you informed as to the latest developments, advancements, and events at BIRHC*

Number 12

www.biruralhealth.org

Fall 2016

## Welcome to The Health News

What a beautiful summer we had on the Island this year! Here at the Beaver Island Rural Health Center we welcomed many first-time visitors to the Island, some as guests and some as patients.

As we announced in the spring newsletter, students from the Grand Valley State University Doctor of Nursing Practice program visited us for clinical rotations in rural health. Look below and inside for photos and more information.

Our providers Sue Solle and Carolyn Space were very busy this summer, as you can see in “By the Numbers” on page two.

### Wellness Gardens Additions

*We have beautiful additions to our front gardens! Thank you to Rich Gillespie, Ernie Martin and Ryan Smith for donating materials and labor for the new entrance arch. Thank you also to Ken Davis, who is building the rock walls that will line our gardens, using donated Island stones.*



## New Partnership: BIRHC and GVSU

What is it like to practice medicine on the most remote inhabited island in the Great Lakes? Our advanced practice providers Sue Solle and Carolyn Space shared their experiences here with visiting students from Grand Valley State University during July.

GVSU’s Doctor of Nursing Practice program is part of the Kirkhof College of Nursing. The BIRHC Board approved the partnership earlier this year and three students did clinical rotations, getting hands-on experience and enjoying Island life.

Megan Madole was the first student to visit. In her two weeks here, she worked with our providers and with our collaborating physician Dr. Daniel Mann. She was also interviewed by a visiting reporter from TV 7 & 4 news, along with Managing Director Donna Kubic and Board Vice President Don Spencer.

“I really had no idea what it was going to be like here on the Island,” she said. She noted the many roles that our practitioners fill, from taking x-rays to preventative care. Megan even had the chance to attend the Garden Tour

luncheon with other staff members.

Lara Dengerink-VanTil and Ali Saheb followed her for a week of clinical



### Welcome to Rural Health

*Carolyn Space, BIRHC Nurse Practitioner, started the orientation tour for GVSU Doctor of Nursing Practice students Ali Saheb and Lara Dengerink-VanTil during their clinical rotation in July.*

experience, working again with our providers and collaborating physician Dr. Edward Newcomb.

“I like the team-based approach to care here,” Lara said. She said she got to jump in and do many different jobs, working with patients and visiting professionals.

Ali said that he had gained a greater understanding of the dynamics of working in rural health. He said that he wanted to use his degree both to “provide care and in building a better care system.”

The students also had an opportunity to observe Dr. John Martin with orthopedic patients at the BIRHC. Dr. Martin sees patients on an “on call” basis.

“It was a great start to this partnership with Grand Valley,” said Donna Kubic. “We have such a unique situation here on Beaver Island, even within the field of rural health. We are looking forward to continuing the program in the future.”

The Doctor of Nursing Practice degree at GVSU is intended to be a terminal degree in nursing. It is the only program of its type in western Michigan.

## By the Numbers

The Health Center sees a lot of activity during the summer season. Here are a few numbers pulled from our records for June, July and August.

86 - number of new patients seen by our providers during the three months

14 - number of visits made to the BIRHC by visiting professionals, including a dermatologist, a podiatrist and a chiropractor. Physical Therapist Mark Babcock also saw patients here twice a week all summer.

72 - number of after-hours (nights and weekends) patients seen by our practitioners

77 - number of x-rays taken by our practitioners during these summer months

15 - number of sports physicals done in one afternoon in August

## New Website

Our website ([biruralhealth.org](http://biruralhealth.org)) has a new look, thanks to the work of Jeff Stone and Sarah Rohner, summer residents. You can go online and find our newsletters, meeting dates, staff information and more. Check it out!

The website also has listings from the Beaver Island Human Services Resource Manual; click on Services and then General Beaver Island Services for the information. The Manual is currently being updated by the BI Human Services Commission, of which we are a member.

**For more information  
on any of the stories in this  
newsletter,  
please call us  
at 231-448-2275  
during business hours.**

## Wish List

Your donation to BIRHC can be designated to purchase specific equipment or supplies. Other items on our current Wish List can be viewed on our website: [www.biruralhealth.org](http://www.biruralhealth.org)

Click on the "About Us" tab and select Wish List.

- Portable pulse oximeter - \$200
- Suturing instruments - \$1,500
- BIPAP machine - \$500
- Cassettes for digital x-ray 8x10 (2) - \$1,000
- Cassettes for digital x-ray 14x17 (2) - \$1,700
- Nebulizers for patient use - \$400
- Oxygen concentrator for portable oxygen therapy - \$2,800
- Lifepack 15 - \$30,000
- Crash cart - \$2,500
- Spirometry - \$3,000

## Summer Events

### Chevy Sonic Raffle Drawing

Congratulations to Chris Haenni for buying the winning ticket in our Chevy Sonic car raffle! A total of 365 tickets were sold this year. Thank you to all who purchased tickets. This fundraiser supports our operating budget and also supports Forest View Community next door. We also want to thank McDonough's Market for allowing us to display the car in their parking lot and to thank all who helped by selling tickets.

### WVBI Radio

You may have heard one of our "Tips for Healthy Living" this summer on the Island's radio station, WVBI.

The new feature concentrated on summer topics, including sun safety, how to exercise safely in the heat and fireworks safety. Each spot also includes an invitation to visit the Health Center to get pamphlets and further information.

Deb Plastrik has served as the host for the programs and she will be involving other members of the staff once the summer and fall rush is over.

### Board of Directors

We are fortunate to have such a hard-working Board of Directors here at the BIRHC. Besides attending quarterly meetings and committee meetings, our board members help out in many different ways. Thank you all!

President - Connie Wojan; Vice President - Don Spencer; Secretary - Denny Cook; Treasurer - Rick Speck; Directors Terry Keyes, Larry Kubic and Jim Wojan.



### Welcome GVSU!

*Karen Burritt, Associate Dean for Graduate Studies at the Kirkhof College of Nursing, and her husband, Mike Burritt, visited the Health Center in July. Our Nurse Practitioner Sue Solle and Managing Director Donna Kubic explained the unique aspects of practicing health care on an island, including the process of getting prescription drugs delivered. A GVSU media crew also came at the same time to film Megan Madole's experience in rural health care.*

## Thank You to Our Wellness Gardeners!

The Garden Tour has become one of the most highly-anticipated events of summer here on Beaver Island. Thanks to the hard work of Leonor Jacobson, Dana D’Andraia, Jan Paul, Sally Stebbins and Janice Freeman, this year’s tour was another unqualified success. The event sold out in three days’ time!

The tour visited Peaine Township gardens tended by Anne and Paul Glendon, Mary Ellen and Larry Dawson and Sandy and David Howell. John Fiegen shared his St. James area garden and the tour also visited the Health Center to see the Wellness Garden improvements.

This year’s theme for the Tour and Silent Auctions was “Everything Old Is New Again,” and the many items displayed in our lobby included prized family items donated for new owners to enjoy. You can see a list of the auction donors on our website at [biruralhealth.org](http://biruralhealth.org) under the Wellness Garden tab.

Beaver Island Garden’s Heidi Vigil, right, entertained the tour participants during lunch at the Restaurant at The Lodge with her tips on how to perk up tired flowering plants. Also right, this fairy now welcomes visitors to the Fairy Garden.

For much more information on all the improvements at the Wellness Gardens, please visit our website and click on the Wellness Garden tab. Other than the costs of installing underground water lines and the electricity for the pump, no BIRHC money has been spent on the gardens. We thank all who have contributed over the years to make our campus a beautiful place to visit.



## News about Our Services

**BIRHC FULL-TIME STAFF:** Sue Solle, Family Nurse Practitioner - Certified; Carolyn Space, Family Nurse Practitioner - Certified; Donna Kubic, Registered Nurse, Managing Director; Betty Hudgins, Service Coordinator.

**BAY AREA SUBSTANCE EDUCATION SERVICES:** The BIRHC will host BASES counseling starting soon. The Charlevoix organization offers substance abuse counseling for adults and teens.

**VISITING PROFESSIONALS:** We were pleased to introduce Dr. Aaron Wilkin at a “meet and greet” this summer. Dr. Wilkin, of Randall Chiropractic Clinic in Charlevoix, will be seeing patients here at the Health Center. Please check the back page of this newsletter for the names of other professionals who visit the Island on a regular basis. Call us during business hours at 231-448-2275 for more information on making appointments.

**THANK YOUS:** We would like to thank **Butch and Holly Hogarth** of Hogarth’s Pest Control for donating

spring treatments for our building. Thank you also to the **Central Michigan University Honors Students** for once again doing spring raking and window cleaning as part of their Island service

projects. **Don Spencer, Jeff Traudt and Donna Kubic** helped us out with housing for the Grand Valley State University nurse practitioner students.

**HEALTH FAIR:** Plans are underway for a fall Health Fair, including some free health tests plus lots of valuable information about starting a walking program, healthy diets for kids and more. There will also be door prizes for attendees. Watch for more information!

**MOCK SURVEY:** The BIRHC commissioned an across-the-board survey of our operations by Health Services Associates. The two-day survey included everything from our laboratory tracking system to what we keep under the sinks! The report will aid us in our efforts to improve our services to the community.

**OUR PROVIDERS ARE ALWAYS AVAILABLE:** You can speak to one of our providers 24/7, 365 days a year. If our office is not open, simply call our regular number at 231-448-2275 and the recording will instruct you on how to reach the provider on call.



### GVSU Student

*Megan Madole spoke with Mary Robinson, of GVSU’s Kirkhof College of Nursing, about her clinical experience at the BIRHC. See the article on page one for more information.*

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BEAVER ISLAND RURAL HEALTH CENTER

## BIRHC Services

digital x-ray – fracture splinting and casting  
suturing – walk-in care available  
physicals and medical histories – school sports and employment physicals  
blood work – blood pressure monitoring – lab screening – hearing screening  
immunizations – well-child exams – women’s health – IV therapy  
Follow up care coordinated with specialists

~ ALSO ~

Dr. Wendy White, DDS, call 231-448-2100

VISITING PROFESSIONALS – CALL 231-448-2275 FOR MORE INFORMATION

Doctor appointments every two weeks – Dr. Edward Newcomb and Dr. Daniel Mann

Mark Babcock and Mike Aenis, MPT, Munson Healthcare Charlevoix Hospital Physical Therapy

Dan Taylor, MSW, CSW, North Country Community Mental Health

Dr. Murray Cotter, MD, Dermatology Associates of Northern Michigan

Dr. Jon VanWagnen, OD, Charlevoix Eye Center

Dr. Patrick Richmond, DPM, Petoskey Foot Specialists

Dr. John Martin, DO, Orthopedic Surgeon

Dr. Aaron Wilkin, DC, Randall Chiropractic Clinic

Dr. Jeff Ritsema, OD, Richard Gross, Dennis Parker

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