

The Health News

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

Number 13

www.biruralhealth.org

Spring 2017

Welcome to the Health News

The pace of work slows down a bit at the Health Center during the winter months, but our staff and board of directors have been busy planning for the coming summer season.

Many of our visiting providers fly to the Island to see patients here over the winter. We appreciate their dedication—snowstorms and fog can disrupt travel plans. Check the outside page of this newsletter for a list of specialists who come to the BIRHC.

Inside you will find information about upcoming events and a feature story about counseling services which are available here on the Island.



GVSU Doctor of Nursing Practice students Mark Contreras and Christina Winkelman did clinical rotations here last summer. Christina returns this year.

Much Has Changed in the Past Fifteen Years

Thanks to the hard work and persistence of dedicated Islanders, the Health Center will mark the 15th anniversary of its groundbreaking ceremony next March.

The staff and board of directors continue to explore ways to expand services for residents and visitors. But the mission of the BIRHC remains the same, to provide high-quality cost-effective health care to all, regardless of ability to pay.

Our advanced practice providers are always available to you. You can always speak to one of our providers by calling our regular number 24/7, 365 days a year. You will be instructed how



The first blooms of April

to reach the provider who is on-call after-hours or on weekends. Just call 231-448-2275. Stop by and pick up a refrigerator magnet with this information.

Our full-time staff includes Sue Solle, Family Nurse Practitioner; Carolyn Space, Family Nurse Practitioner; Managing Director Donna Kubic and Service Coordinator Betty Hudgins. Orthopedic Surgeon Dr. John Martin, DO, is available by appointment.

Our board of directors includes Denny Cook, Bill Johnson, Larry Kubic, Diane McDonough, Don Spencer, Maura Turner, Jim Wojan and Connie Wojan. The board meets

Honor Roll

The following are those who were honored or memorialized by donors during our Annual Appeal. We thank all who supported our Endowment and Special Project funds at the Charlevoix County Community Foundation.

IN HONOR OF: Barbara and Gerald Gerstler, Marlyn Graham, Helen Pike, Marilyn and Joe Reed, all U.S. veterans, living and past.

IN MEMORY OF: Dave Adams, Mr. and Mrs. John Adams, Bob Banville, Muggs Bass, Kathy Blacklock, Jack and Bea Boyle and family, Ann and David Broder, Bill Cashman, Nancy Cull, Frank and Vera Dulin, Robert Gillespie, El Hagerman, Paul Neumann, Liz Niehaus, Mildred Peterson, Gerald Sowa, Buck and Marianne Ridgeway, Donald Vyse, Joan Vyse, Gail Weede, Bob Welke, John Works, Sr. and Trudy Works.

Plans are underway to create a more permanent listing of memorial gifts, perhaps in the memorial section of the Wellness Garden or in the lobby near the Legacy Tree.

The Wellness Gardeners have plans to remember deceased Islanders with one new planting each spring.



Our Wish List

One of the items on our Wish List on the biruralhealth.org website is a replacement for our LifePak, a cardiac monitor and defibrillator. Our current LifePak is an older model in use for many years. A new one costs about \$30,000. You can view a list of wishes on the website, from pillows to nebulizer equipment, by clicking on the About Us tab and selecting Wish List. Any size of donation is greatly appreciated.

BIRHC Welcomes Planned Gifts

There is no better way to have a lasting impact on the wellbeing and safety of all who live on or visit Beaver Island than by making a **planned gift (a donation through an estate plan)** to the Beaver Island Rural Health Center.

The neat thing about planned giving is that it enables individuals of all income levels to leave a legacy that will ensure that access to medical services on Beaver Island is always available. Planned gifts to the Health Center can take many different forms: a bequest for a specific amount, a percentage of your estate, what remains after other bequests, charitable gift annuities, IRA/401K as-

sets,
ance



or insur-
policies.

If leaving a bequest to the Health Center interests you, please contact the **Charlevoix County Community Foundation**. The Foundation holds and expertly invests an Endowment Fund which provides significant income to the Health Center. **For more information, go to c3f.org or**

Counseling Services at the Beaver Island Rural Health Center

Did you know that the Health Center hosts counseling services here on the Island year-round?

Dan Taylor, Master of Social Work, Licensed Master Social Worker, has been seeing clients here for over 10 years. He is Outpatient Therapist for North Country Community Mental Health, which provides behavioral health services for the six counties at the top of the Lower Peninsula, including Charlevoix. The agency provides adult counseling and therapy as well as child and family services. More information is available on the website at norcocmh.org or by calling the Petoskey office at 231-347-6701.

D. Scott Kelly, Master of Arts in Counseling, has been providing substance abuse counseling services here since last fall. He is executive director of Bay Area Substance Education Services in Charlevoix. BASES offers services to adolescents and adults. More information can be found at their website at basesteencenter.org or by calling 231-547-1144.

Appointment information can be obtained by calling the numbers listed above. Our Managing

Director



Director

Dan Taylor

Scott Kelly

Donna Kubic has been working in recent

months to facilitate other kinds of counseling sessions with professionals on the mainland through our telemedicine equipment. You may call her during business hours at 231-448-2275 for more information about this or any of the other counseling services listed here or for business cards or other printed information that we have available in our lobby.

Please check the back page of The Health News for a list of visiting professionals who see patients here on the Island. Their visits here save our residents and visitors a lot of travel time

News and Notes

NO CAR RAFFLE IN 2017

The BIRHC Board of Directors has voted to not hold a car raffle this summer. We thank all of you who have faithfully bought tickets in previous years and all who worked to sell tickets. Special thanks go to McDonough's Market for lending us a prime display space in its parking lot for many years!

GARDEN TOUR SET

The 7th Annual Garden Tour Benefit has been planned for Tuesday, July 11. Watch the Island "media" for ticket sale information—the tickets sell out very quickly! The tour is your chance to visit beautiful private gardens around the Island, with a delicious lunch included. A Silent Auction is again planned for July as well. All proceeds support the beautiful Wellness Gardens that surround the BIRHC-Forest View grounds.

TIPS FOR HEALTHY LIVING

You may have heard some of our "Tips" on the Beaver Island radio station at 100.1 FM, or at wvbi.net if you are listening on your computer. We welcome you to visit us during business hours to pick up some of the varied materials we have collected—from tick identification cards to stickers about healthy eating for kids to

Beaver Island Rural Health Center
37304 Kings Highway
PO Box 146
Beaver Isl and, MI 49782

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
