

The Health News

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

Number 5

www.biruralhealth.org

Spring 2013

We have a new BIRHC website address

Our BIRHC website has been moved to a new address: www.biruralhealth.org. At the site you will find information on services and events, news releases, and more. There's also a link to our new Facebook page! Check us out there and give BIRHC a 'like.'

When you visit the website you can find our Wish List for donations by selecting "About Us" and choosing the list. Current wishes include a hand-held otoscope, an autoclave, and basic things such as pillows and blankets. For more information concerning our Wish List, contact Managing Director Donna Kubic at her new email address: donna@biruralhealth.org.

Flag Raising

Leonor Jacobson was on hand to help Jim Wojan (kneeling) and Bruce Cull install the new flag pole in front of the BIRHC, donated by Joe and Marilyn Reed.



Meet Gaye Paget, Our New Physician Assistant

We are pleased to introduce the newest member of our health care team, Physician Assistant Gaye Paget. Gaye has joined us following the retirement of Chris VanLooy. See page two for a photo of Chris's January retirement celebration.

Gaye is a Certified Physician Assistant, having received her education at Cuyahoga Community College in Parma, Ohio and Baldwin Wallace College in Berea, Ohio. Her work experience has included many disciplines and kinds of care facilities, ranging from pediatrics to geriatrics. Her specific experience includes urgent care, psychiatric care, internal medicine, general and family practice, pain management and occupational medicine. She spent the past three years working with several Indian tribes in New Mexico and North Dakota.

Gaye says that she has enjoyed having the chance to begin her work here during the relatively calm months of winter. "I am so impressed with how generous and welcoming everyone has been here on the Island," she says.



Gaye Paget, PA

Remember that you can reach Gaye or Sue Solle, our Certified Family Nurse Practitioner, at any time by calling our main telephone number at 231-448-2275.

Our on-call provider can be reached after hours or on weekends by calling that number, which is forwarded to the provider cell phone. Our provider then can meet you at the Health Center. If your situation is life-threatening or if you are unable to transport yourself to the Health Center, you may call 911 and the Beaver Island EMS will respond as quickly as possible.

BIRHC Hours

8:00 a.m. to 5:00 p.m. Monday - Friday
except Holidays

On-call provider available 24/7
by calling: 231-448-2275

Chris VanLooy Retires BIRHC Elects New Board Members



The community gathered in January to say a heart-felt thank you and congratulations to Chris VanLooy on her retirement. Many spoke about the impact Chris had on their lives during her two "tours of duty" as Physician Assistant here on the Island. We will miss Chris and we wish her many years of sound sleep far away from an EMS pager and radio!

The BIRHC welcomed a new board member at its March meeting, St. James Township representative Jim Wojan. He replaced Rick Speck, who then was elected as an at-large director. We want to thank departing board members Sandra Birdsall and Carol Gillespie, who completed terms of service at our January annual meeting.

The board members all work hard for BIRHC, but special thanks go at this time to: Denny Cook for serving two years as president of the Board; Terry Keyes for always pitching in to help with special events; Pete LoDico and Connie Wojan for their annual car raffle preparations; John Martin for donating the use of his vehicle by visiting University of Michigan physicians last summer; Jeff Powers for donation of materials for an equipment shed; Adam Richards for serving as the BIRHC representative to the Human Resources Commission; Rick Speck for his many years as St. James Township representative, who will continue to serve as Treasurer in his new role as at-large member; Jim Wojan for installation of the new flagpole in front of the building and sanding the slippery parking lot; John Works, Jr. for snow removal during this icy winter.

New Board of Directors officers elected at the March 23 meeting include: President Connie Wojan; Vice President John Martin; Secretary John Works, Jr., and Treasurer Rick Speck.

Affordable Care Act And Its Impact on You

The BIRHC wants to let you know about the Affordable Care Act (ACA) and its impact on you and our community. We will upgrade information in future newsletters and on our website. We plan to host a community-wide meeting in August to further explain the impact of the ACA.

The ACA was passed by Congress and signed into law by President Obama in March 2010. The primary goal of the ACA is universal coverage for essentially all Americans. The law focuses primarily on expanding health care coverage and also includes provisions intended to control health care costs, improve the health care delivery system and protect consumers.

Health care coverage will expand in two ways:

1. States have the option to expand Medicaid eligibility to include individuals making up to 133 % of the federal poverty level.

2. Each state must offer an insurance exchange through which individuals may purchase insurance. The exchange can be operated by the state, the federal government or via a state/federal partnership.

In states that choose to expand Medicaid, the expansion is set to take effect on Jan. 1, 2014. In Michigan, Governor Rick Snyder has recommended the state participate in the Medicaid expansion program. Watch for more information as it becomes available, either in the news media or on our website.

If Michigan enacts the Medicaid expansion portion of the ACA, enrollment will open on Oct. 1, 2013 and coverage would become active starting on Jan. 1, 2014. Those whose

income is below 133% of the federal poverty level would be eligible for Medicaid. In 2012 the federal poverty level was \$14,856 for an individual or \$30,657 for a family of four.

The ACA expands access to private insurance through the creation of state-wide insurance exchanges. The insurance exchange will act as a marketplace for consumers to shop for private insurance plans. The plans offered on the exchange must cover a minimum set of services, called essential health benefits, which span ten service areas including hospitalization coverage, emergency services, prescription drugs, and mental health services. Enrollment through the insurance exchange is set to begin on Oct. 1, 2013 and insurance plans will be active beginning Jan. 1, 2014.

This is only a brief summary of the Affordable Care Act. For an expanded version of this article and additional internet sources, please go to our website at www.biruralhealth.org.

We hope this summary is helpful. We will try to keep you updated and informed as this new health care law unfolds. Check our website and look for details about our August community meeting for upcoming news. You may also want to check other websites for more information. Some to consider are: www.chrt.org; www.healthcare.gov/law/; and www.healthreform.kff.org/state-exchange-profiles/michigan.aspx.

John Martin, Vice President, BIRHC Board of Directors

Credit for much of the content of the article goes to the Center for Health Care Research and Transformation (www.chrt.org)

Partnerships Support BIRHC Work

Thanks to hard work by our staff and the Board of Directors, the BIRHC has several valuable mainland partnerships to assist us in our mission of providing high-quality cost-effective patient treatment to the Beaver Island community.

Charlevoix Area Hospital - One of the most-utilized partnerships is our link with the Charlevoix Area Hospital's emergency department via digital x-ray imaging. Our providers can take x-rays on the Island and have them read by a CAH emergency room physician almost immediately, allowing a faster determination of the level of treatment required. X-rays can then be "over-read" by Dr. Carl Harlan, radiologist. Our link with CAH also permits videoconferencing between facilities. A patient here could be viewed by a physician on the mainland with this link. This link also allows Island members of the Circle of Strength breast cancer support group to participate in monthly meetings. CAH Physical Therapist Larry Hudson travels to the Island twice a week to see patients. In the past Island patients often went without needed therapy due to the cost of twice-weekly trips to the mainland. There are many other ways CAH assists us. System Administrator Christie Lamoreaux helps our staff with computer and printer network questions and keeps our telemedicine connection up and running. X-ray technician Eve Campbell recently traveled to the Island to work with our providers.

Munson Healthcare - Managing Director Donna Kubic, R.N. and Sue Solle, FNP-C, are the Island's representatives of Munson Hospice. They work with the Island's Hospice volunteers who have been trained to provide compassionate end-of-life care. Staff members from Munson Hospice visit the Island regularly to meet staff and volunteers. For more information, please contact Donna Kubic at 231-448-2275 or at donna@biruralhealth.org. The BIRHC is also a member of Munson's REMEC TeleHealth Network Healthcare Initiative which links several lower northern Michigan health care facilities. This telemedicine hook-up allows staff and community members to view a variety of continuing education programming each month.

McLaren Northern Michigan Hospital - McLaren and the BIRHC are working to implement a telemedicine link between facilities. Watch for more information in coming months by checking our website at: www.biruralhealth.org.

News and Notes

Honor Roll

The following individuals have been honored or memorialized by donations to the BIRHC Annual Appeal. We thank all who chose to remember friends and family with gifts to the Health Center.

IN HONOR OF: Pete and Sandy LoDico, Don Spencer, the Wojan Family.

IN MEMORY OF: Mr. and Mrs. John Adams, Franklin and Edna Douglas, Ellie Hohn, Carol LaFreniere, Lorraine Tubbs.

Fundraising Update

Did you know that patient and insurance payments make up only about 28% of the operating budget of the BIRHC? We are fortunate to have many loyal sponsors who support our car raffle and annual appeal! In addition to everyday expenses, there will always be unforeseen situations to deal with. Our telephone system was recently upgraded to provide better patient service. Under the old system, incoming calls only rang audibly at the front desk. Now, staff is alerted by ringtones at all phones.

If you would like to help us with our mission to provide patient care to all,

regardless of ability to pay, we invite you to send a donation in the enclosed remittance envelope. Thank you for your help!

Broder Book Still Available

A limited number of David S. Broder's book, "The Beaver Island Columns," are still available for purchase. The book includes more than 30 Island-related columns written by the late Washington Post columnist. The Broder family published the book, illustrated by photographs contributed by Island residents and visitors. All proceeds benefit the BIRHC. Books can be purchased for \$25 apiece or 5 for \$100 at McDonough's Market or at the BIRHC.

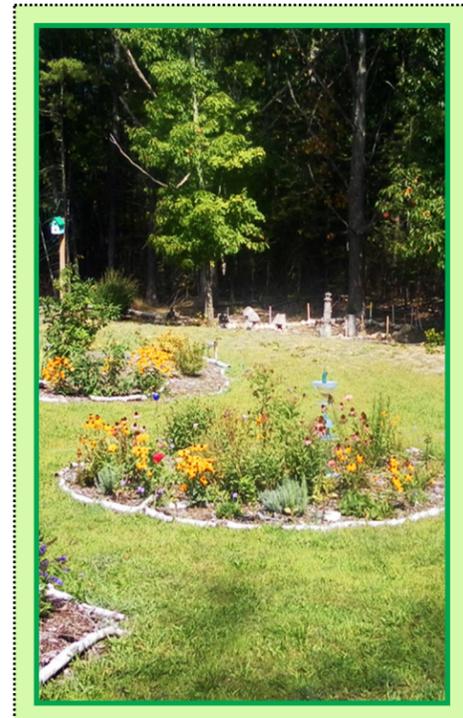
Wellness Garden News

The beautiful gardens at the BIRHC are the result of many hours of volunteer work.

Leonor Jacobson, Connie Wojan and their loyal gardeners can be seen almost every summer day watering, weeding, and improving the gardens. The annual Garden Tour and Silent Auctions raise funds to continue the wonderful seasonal displays.

Thanks to a donation from Phil and BJ

Wyckoff, the Wellness Garden will have a very exciting item to auction this summer: a large, beautifully-detailed Victorian doll house complete with furnishings, many handcrafted by BJ and her friends. Stop by in June to see it displayed at the Health Center.



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BEAVER ISLAND RURAL HEALTH CENTER

UPCOMING EVENTS AT BIRHC

2013 CHEVY SONIC RAFFLE: Our 2013 raffle car is a Victory Red Chevy Sonic sedan. Tickets are available now at the BIRHC. The “early bird” \$1000 cash prize drawing for early ticket purchasers will be held on Sunday, May 26 at noon at Dalwhinnie Bakery and Deli. The car drawing is set for Monday, Sept. 2 at the Shamrock Bar and Restaurant. For more information, call us at 231-448-2275.

GAIL’S WALK: This un-timed 5K walk is held in memory of Islander Gail Weede and raises money to help Island families with unexpected or long-term medical treatment. The walk begins and ends at the Public Beach. Join us on Sunday, May 26 at 3 p.m. For more information contact Donna Kubic at 231-448-2275.

GARDEN TOURS: This year’s Third Annual Garden Tour will raise funds for the Wellness Gardens at BIRHC. Two tours are planned this year for Tuesday and Wednesday, July 9 and 10. Watch for more information coming soon.
