

# The Health News

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

Number 7

www.biruralhealth.org

Spring 2014

## Inside The Health News

It was a long cold winter on Beaver Island, with record snowfalls keeping Islanders busy with plowing and shoveling.

The staff and volunteers at the Beaver Island Rural Health Center have been preparing for the summer season. Please look inside for information on planned events, such as the garden tour and the car raffle.

Thank you to all who honored or memorialized others with donations to our Annual Appeal. The Honor Roll of those remembered appears on page two.

## Kubic Honored

*Managing Director Donna Kubic, shown here with John Barnas, was recently honored for Leadership in Rural Health. See page three for more information.*



## Call Our Number Day or Night

You know the old joke: "Quick, call 911!" "Uh, what's the number?"

But it can be difficult to think clearly when an emergency occurs, or even when it isn't an emergency.

Every year, we have occasions when visitors need our services but are unsure about how to reach us outside of business hours. The Beaver Island Rural Health Center offers 24/7 service. All you have to do is remember one telephone number: 231-448-2275, day or night. During regular business hours, your call will be answered by our staff and you will be advised on how to proceed.

Outside of business hours, calls to that same number will be forwarded to the health care provider on call. She can then advise you and meet you at the BIRHC if necessary.

There is also a telephone available in the vestibule of the BIRHC which you can use to call the provider.

If your situation is life-threatening, you should call 911 and the Beaver Island EMS will respond as quickly as possible. Please remember that there will be a delay of several seconds after you dial while the call is relayed to the

mainland. Stay on the line and the dispatcher will answer, take your information and call for the ambulance.

If you are unsure about whether the situation is life-threatening, don't delay! Call our number and the provider can advise you on how to proceed.

If you have guests or renters visiting this summer, please make sure they know how to access help here on the Island. Stop by the BIRHC in June to pick a refrigerator magnet with our telephone number to post at your home or cottage.



First BIRHC Crocuses Blooming in mid-April

## BIRHC STAFF

**Sue Solle**  
Family Nurse Practitioner-Certified

**Gaye Paget**  
Physician Assistant-Certified

**Donna Kubic, RN,**  
Managing Director  
**Betty Hudgins,**  
Service Coordinator

37304 Kings Highway  
PO Box 146  
Beaver Island, MI 49782

231-448-2275  
Use this number  
day or night

Open 8:00 a.m. to 5:00 p.m.  
Except Holidays

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## Honor Roll

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

**IN HONOR OF:** Rose Connaghan, Denny Cook, Joe Reed and Marilyn Reed, Cindy Ricksgers, Katherine Ricksgers and Walt Wojan.

**IN MEMORY OF:** John and Laurene Adams, Tim Berkebile, John Boyle, David Broder, Ronald Peter Burns, Helen Collar, Franklin and Edna Douglas, Larry Forth, Neva Larson, John and Joanne Paquin, Vern Vance and Susan Waskul.

The Annual Appeal helps to build our Endowment and our Special Projects Fund at the Charlevoix County Community Foundation.

## DOT Certification

Sue Solle, our Nurse Practitioner, recently completed training to become nationally-registered as a Certified Medical Examiner to perform physical examinations for commercial motor vehicle drivers.

Sue took an on-line class and then passed an on-line test and a second test in Gaylord. Congratulations to Sue!

### 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 the BIRHC can be designated to purchase specific equipment. Here are some items from our Wish List. The complete list can be seen on our website: [www.biruralhealth.org](http://www.biruralhealth.org). Click on the 'About Us' tab and select Wish List.

Spirometer for measuring patient lung function - \$3000

Autoclave for sterilizing instruments - \$2700

Capnograph-Oximeter for measuring respiration levels - \$2000

Nebulizer for patient use - \$200

Suture instruments - \$150

Hand-held otoscope - \$200

Blankets - \$300

Pillows - \$100

Any and all donations are helpful and greatly appreciated.

## Thank You to Some of Our Many Supporters

The BIRHC is fortunate to have volunteers who help in so many ways. We would like to thank a few who have lent us a hand over the fall and winter.

**Olivia Cary:** As part of the Beaver Island Community School's work placement program for students, senior Olivia Cary has spent several hours a week at the BIRHC over the fall and winter. Olivia has had the chance to observe our practitioners and staff at work, "shadowing" the providers at the clinic and going on visits to homebound patients. She has also helped with some of the administrative tasks at the Center, running various errands, assisting with mailings and picking up visiting professionals at the airport.

Olivia's plans at this point include taking a class to become an Emergency Medical Technician and beginning her college career this fall at Grand Valley State University. She has been a great help to our work and we wish her all the best at her graduation!

**Frank Solle:** Over the years since his wife Sue became a provider at BIRHC, Frank has been an invaluable resource to us. As a very talented photographer and graphic artist, Frank has contributed his work toward many of the BIRHC publications, Christmas cards, posters and more. Frank designed and formatted this newsletter for three years. As we now try to do this work "in-house," we want to acknowledge what a tremendous donation of time he has given the BIRHC and the Island, often during his busiest times.

**The BIRHC Board of Directors:** The members of our Board of Directors all contribute to our work and mission here,

serving on committees and helping sell raffle tickets for summer car fundraiser. Our thanks to Connie Wojan, Pete LoDico, Rick Speck, John Works, Jr., our officers; and to members Terry Keyes, Jeff Powers, Adam Richards and Jim Wojan. Their efforts are greatly appreciated.

**Denny Cook and Don Spencer:** Emeritus Directors help in many ways, too! We thank them for their help in recent months in building maintenance issues, strategic thinking and survey planning.



Our thanks to Olivia Cary  
and best wishes for her future career!