Inside The Health News

Summer is coming and the staff and volunteers at the Beaver Island Rural Health Center are getting ready for our busy season. We hope you will find the articles in this newsletter useful.

Below you will find a report on our Community Survey. Thank you to all who participated last year.

The Honor Roll of those honored or memorialized by Annual Appeal donations appears on page two.

Page three includes a listing of visiting professionals, an update on Veterans Administration health services at the BIRHC and ticket information about this summer’s Garden Tour.

2015 Sonic Car Raffle

It’s a sure sign of summer! The car raffle vehicle is on the Island. The raffle is our biggest fundraiser and we thank all who have supported us in the past. A ticket helps support the BIRHC and the Forest View Community senior apartments.

Thanks to All Who Participated in Our Survey

“And the survey says...”

The Beaver Island Rural Health Center commissioned a professional survey to be taken last summer, gathering information from focus groups, patients and Island residents and visitors. More than 250 individuals participated.

“The Health Center Board and Staff sincerely appreciate the time the survey participants took to respond to our questions. As our budget and size allow, we will use the valuable information we gained to make the Health Center better serve the community,” said Board President Connie Wojan.

As always, there is good news and not-so-good news. First, while 85% of year-round residents reported they had received very good or excellent care at BIRHC, a significant percentage of residents choose to seek health care elsewhere or not at all.

All groups surveyed – year-round residents, seasonal residents and visitors – reported that our road signage could be improved. Options are being considered for installation this summer. The BIRHC will work to better explain available services and special programming.

Staff members are working to improve patient privacy protections, possibly by adding music or white noise machines to the exam room area.

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

Remember, you can call 231-448-2275 day or night.
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:** the BIRHC Staff, Gloria Dugan, Bob Evans, Robert and Lisa Gillespie, Helen Pike, Cindy Ricksgers, Katherine Ricksgers and Walt Wojan.

**IN MEMORY OF:** John and Laurene Adams, Jerry Charbeneau, Franklin and Edna Douglas, Jerry LaFreniere, Charlotte and Robert “Holiday” McDonough, Paul Neumann, John and JoAnn Paquin, William Scherer, Audrey Gatliiff Smallwood, Catherine Soderholm, Helen C. Toms and John Works, Sr.

By The Numbers

40 - number of meetings or conference call meetings held by Island groups in the Community Room during 2014. The room is also used for physical therapy appointments.

53 - number of visits by mainland health care professionals to BIRHC during the first four months of this year.

116 - patients seen by our providers after regular hours or on the weekends.

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. 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.

**Board of Directors Members:** We honored three members of our Board who retired at the December Annual Meeting. Adam Richards and Dr. Jeff Powers had both served for four years, sitting on the medical services and finance committees. Pete LoDico had served for fourteen years as the Peaine Township representative. Pete has worked tirelessly to support our annual car raffle, arranging for the vehicle purchase and selling many tickets.

Our current Board of Directors includes: President Connie Wojan, Vice President Denny Cook, Secretary John Works, Jr., Treasurer Rick Speck and Directors Terry Keyes, Larry Kubic and Jim Wojan.

**Garden Tour Coordinators:** The Fifth Annual Garden Tour promises to be another incredible success this year. Dana D’Andraia, Jan Paul and Leonor Jacobson are extraordinary organizers and each year’s tour seems to be more amazing. We thank them for the many hours they donate to support the Wellness Garden project.

**Gail’s Walk Organizers and Participants:** This Memorial Day untimed walk is held in memory of Islander Gail Weede and raises funds to help Island residents with unexpected medical expenses. We would like to thank the organizers Beth Crosswhite, Lisa Gillespie, Joan LaFreniere and Dawn Marsh.

A faithful supporter of the BIRHC for many years, Jim Haveman recently retired from his position as Director of the Michigan Department of Community Health. We honored Jim and Barbara Haveman last September at a reception hosted by Bill and Tammy McDonough.

Photo by Frank Solle
Check Out Our Many Services

As you can see by the statistics in the By the Numbers item on page two, the BIRHC houses many more services than you might realize!

The Island dentist, Dr. Wendy White, sees her patients in the office at the south end of our building. You can reach her at 448-2100. Our Community Room is used by many Island organizations for meetings and also serves as the therapy room for Mark Babcock, Charlevoix Area Hospital’s physical therapist who sees patients here twice a week.

Managing Director Donna Kubic works hard to find specialists who are willing to come to BIRHC to see patients here, which saves transportation costs for Islanders. Dermatologist Dr. Murray Cotter and Optometrist Dr. Jon VanWagnen see patients here twice a year. We thank them for bringing equipment and staff here. Podiatrist Dr. Patrick Richmond recently saw patients here for the first time. Dan Taylor, MSW, CSW, travels here frequently to see clients of North Country Community Mental Health. Chiropractor Dr. Meghan Costello sees Island patients every two weeks.

BIRHC provides storage for equipment for the BI Hospice and Helping Hands and houses supplies for the BI Emergency Medical Service. The Health Center also distributes water quality test kits for the Health Department.

Stop by to see the beautiful Wellness Gardens and visit the lobby. We provide informational pamphlets on many health-related topics and also have a collection box available for donations to the Beaver Island Food Pantry. We also accept expired and unwanted medications for safe disposal through the Yellow Jug Program.

Garden Tour Date Set

The Fifth Annual Garden Tour promises to be better than ever! Mark your calendar for Wednesday, July 15 from 9:30 am to 3 pm.

The tour will again feature gardens on the northern side of the Island. The ticket will include lunch at the Beaver Island Lodge and a dessert tea at the program’s end. This is a very popular event and even includes transportation!

A presentation by a guest speaker is also planned. Tickets will be available starting July 1 at the BIRHC. Watch for further information. Tickets sell very quickly!

Proceeds from the Tour support the Wellness Gardens. We invite you to visit the Gardens this summer.

Chevy Sonic Raffle

Our annual car raffle fundraiser will again benefit two worthy Island organizations this year. This year’s car is a 2015 red Chevy Sonic.

The BIRHC Board of Directors has voted to share up to 25% of the car raffle proceeds with the Forest View Community apartments. The six-apartment senior housing facility shares our campus, just east of our building off Carlisle Road.

Thank you for supporting this raffle, our biggest fundraising project of the year. Look for the car at McDonough’s Market in coming weeks.

If you have questions about the raffle, please call us at 448-2275 during business hours.

VA Plans Progressing

Members of our staff met in May with representatives of the Veterans Affairs Health Administration. VA staffers visited to discuss privacy protocols, telehealth communication requirements and information security.

Thank you to the VA employees: Lisa Eurick, Betty Duchane-Styers, Katy Ball and Deana Bonner.

Federal law enacted last year will allow veterans to receive primary care, laboratory and general radiology services at BIRHC. One provision applies to those who live more than 40 miles from a VA hospital or clinic. Veterans must still visit their VA provider every 24 months to remain eligible.

Stay tuned for future information!

Fundraising Thanks

For a non-profit such as the Beaver Island Rural Health Center, fundraising is an ongoing concern. We thank everyone who supports us through Gail’s Walk, our Annual Appeal, the Car Raffle and memorial gifts.

We thank all who have supported us now and in the past. Every gift, large or small, is appreciated and helps fund the services described in this newsletter. We include a remittance envelope for your convenience. Please call us at 448-2275 if you have any questions.

Important Dates

Early Bird Raffle Drawing
Sunday, June 14, Noon, Dalwhinnie's

5th Annual Garden Tour
Wednesday, July 15

The Garden Tour will again feature beautiful displays like these blooms at the Beaver Island Lodge.

Tickets go on sale July 1.
BIRHC Services

emergency and urgent care – digital x-ray – fracture splinting and casting
sutting – emergency stabilization and evacuation
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 APPOINTMENTS
OR MORE INFORMATION
Doctor appointments every two weeks – Dr. Edward Newcomb and Dr. Daniel Mann

Mark Babcock, PT, MPT, Charlevoix Area Hospital Physical Therapy
Dan Taylor, MSW, CSW, North Country Community Mental Health
Dr. Murray Cotter, MD, Dermatology Associates of Northern Michigan
Dr. Meghan Costello, DC, East Bay Chiropractic
Dr. Jon VanWagnen, OD, Charlevoix Eye Center
Dr. Patrick Richmond, DPM, Petoskey Foot Specialists