

# The Health News

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

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www.biruralhealth.org

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## Inside The Health News

Summer is always a busy time for the BIRHC staff and volunteers. Inside you will find updates on how our partnerships with mainland healthcare facilities are expanding patient care on the Island. Summer fundraising efforts included garden tours, beautifully-decorated birdhouses, and a shiny new blue Chevy.

Thank you to all who support our work here on Beaver Island.

Charlevoix Area Hospital CEO Lyn Jenks recently visited the Island for an informative presentation on the Affordable Care Act. Look for a link to more information inside on page three.

## Up and Flying

*Joe and Marilyn Reed donated the flag pole at BIRHC where we can proudly display the flag every day.*



# Meet Our Administrative Staff

First-time visitors to the Beaver Island Rural Health Center are likely to be greeted by the smiling faces of Managing Director Donna Kubic and Service Coordinator Betty Hudgins.

Donna McCafferty Kubic, RN, spent summers here as a youth. She received her RN degree from South Suburban Community College in South Holland, Illinois. After moving to the Island in 1999, she began working as a billing specialist for what was then the Medical Center in the government building on Kings Highway.

Named Manager in 2003, Donna became responsible for daily operations and helped oversee the move to the new facility in 2004. Her many duties include working with the BIRHC board of directors, budget management, working with our collaborative physicians, and improving the Center's patient care through partnerships with Charlevoix Area Hospital, Munson Medical Center, and McLaren Northern Regional Hospital. Donna also is part of Munson Hospice and is a licensed EMT with the BIEMS.

Service Coordinator Betty Hudgins also began her BIRHC career in the old Medical Center building in 1999. Her job description includes staffing the reception desk and answering phones, maintaining patient records, and entering and transferring information to the BIRHC billing company.

Logistics are also a big part of her day: managing patient flow, getting lab specimens to the airport to be flown to Charlevoix, picking up visiting professionals, and making sure they get

back to the mainland when they want to!

Betty says the best thing about her job is the people she meets. "I get to be here in the middle of the community and see people I have known for years as well as greet visitors and newcomers to our Island."

Donna and Betty agree running a health center here has its challenges. Sometimes the weather prevents a visiting professional from seeing patients; daily lab specimens must get to Charlevoix to be processed.

Yet there are certainly pluses. "Living in a small community offers our providers the opportunity for continuity of care," Donna says. "When I was a hospital nurse, I would see a patient once and never again. Here we may see a patient and send him to the mainland for treatment, but that patient then returns and we continue to monitor and support him."

Many patients would agree that Donna and Betty play a large part in that continuity of care. Sometimes the best medicine is to have someone greet you with a smile, listen to your concerns, and be there to follow up on your care.



Donna Kubic & Betty Hudgins

## By The Numbers

Summer is always a busy time as our population grows with seasonal residents and visitors. Here are a few statistics drawn from June, July, and August:

18 - weekend home visits

41 - patients seen outside regular Center hours on nights and weekends

41 - patients had digital x-rays taken at the Center which were then read by Charlevoix Area Hospital doctors

112 - new patients seen for the first time at BIRHC

127 - patients had blood drawn at BIRHC for analysis at Charlevoix Area Hospital

## Chevy Sonic Raffle

Our board members and friends once again spent many hours in the summer sun at McDonough's Market selling tickets for our annual car raffle. By the drawing on Labor Day they had sold 404 tickets, raising \$22,000 for the Health Center operating budget.

Islander Jeanne Gillespie won for the second year in a row!



Deputy Travis Williams draws the winning number.

## Our 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

Capnograph-Oximeter for measuring respiration levels - \$2000

Autoclave - \$2700

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.

# Summer Fundraising Wrap-Up

The BIRHC is fortunate to have so many volunteers who continue to come up with imaginative fundraising events. Thank you to all who participated this summer.

**Newsletter Donations:** We thank all who sent donations in response to our spring newsletter, supporting our operating budget. The BIRHC raises only 28% of what it needs to operate from patient and insurance payments. Please help us continue to provide quality health care on the Island by using the enclosed donation envelope.

**Gail's Walk:** Held in memory of Islander Gail Weede, this untimed Memorial Day weekend walk raised over \$1500. Proceeds from the walk are earmarked to help Islanders with unexpected medical expenses. Thank you to organizers Lynn Cary, Beth Croswhite, Lisa Gillespie, Joan LaFreniere, Dawn Marsh, and Kerry Smith. Thanks also to all who walked or ran, including our Managing Director Donna Kubic, Board President Connie Wojan, and provider Sue Solle.

**Garden Tour:** Our fundraising super-volunteer Leonor Jacobson expanded the popular tour of Island gardens to two days this year, raising funds for our Wellness Garden. Leonor and her loyal co-chairs and helpers organized the routes and transportation and hosted a luncheon at the Wellness Garden on the second day. We invite you to visit the Center's gardens to see the results of all their hard work. The Wellness Garden is financed entirely by donations for that purpose.

**Silent Auctions:** Again this summer Islanders and visitors had the chance to bid on a wide range of art work, jewelry, and services, all displayed in the BIRHC waiting area. A new

feature this year was an array of one-of-a-kind decorative birdhouses, embellished by Island artists. These silent auctions raised nearly \$1000 for the Wellness Garden. Thank you to all who donated art and services and to all who bid on them.

**Victorian Dollhouse:** Islanders BJ and Phil Wyckoff donated the beautiful dollhouse shown here for a silent auction benefitting the Wellness Garden. BJ and friends and neighbors decorated and furnished the incredibly-detailed two-story house. The auction raised over \$1000 and we thank the Wyckoffs for offering this unique treasure!



BJ Wyckoff presents the Victorian dollhouse to top bidders, Mary Lee and Don Falik.

## BIRHC Explores Links With Area Hospitals

We have all had it happen to us – the minute we invest in new technology such as a cell phone or camera or computer, it becomes obsolete overnight! This is especially true in the fast-changing medical field. Keeping up with technological advances is an expensive proposition for a small facility such as BIRHC.

Our staff and board of directors have met twice this summer with top personnel from Charlevoix Area Hospital and McLaren Northern Michigan Hospital to discuss better tele-medicine links with the mainland. While the Center has had video conferencing capability in the past, the technology has been equipment-intensive, often requiring dedicated communication lines.

But technological advances may make tele-medicine more affordable. The use of tablet computers by doctors is a growing practice. This summer, while on vacation in another state, a McLaren Northern cardiologist “attended” a meeting with members of our board using his tablet computer through a wireless link using communications infrastructure already in place on the Island. By using such existing technology it may soon be possible for a patient here to be “seen” by a mainland physician without having to travel!

The use of tablet computers in medicine is constantly expanding. There are thousands of applications available for uses ranging from timing CPR compressions to defining prescription drug interactions to simple anatomy refresher charts. Watch our newsletter and website for further developments as they occur.

## News and Notes

### Affordable Care Act

The BIRHC welcomed Charlevoix Area Hospital CEO Lyn Jenks for a presentation on The Affordable Care Act Roll-Out: “Not (Quite) as Scary as It Sounds.” Please check our website at [www.biruralhealth.org](http://www.biruralhealth.org) for more about her presentation. The Affordable Care Act focuses primarily on expanding health coverage for all Americans and includes provisions intended to control health care costs, improve the health care delivery system, and protect consumers.

Join Ms. Jenks on Wed. Oct. 16 at noon for a free lunch at the Shamrock for more information on the ACA and Charlevoix Area Hospital services.

### Rural Health Clinics

The Beaver Island Rural Health Center will be featured in an upcoming newsletter of the Michigan Center for Rural Health, based at Michigan State University. Rural health clinics are defined by federal regulations. The designation was created to increase utilization of non-physician practitioners in under-served areas.

Medicare reimburses rural health centers based on their reasonable and allowable costs. Clinics must provide certain services in order to qualify for the program and must employ a nurse practitioner or physician assistant. The BIRHC employs both!

### Books Still Available

A limited number of copies of David S. Broder’s “The Beaver Island Columns” is still available at the BIRHC. The book by the late Washington political correspondent and summer resident includes more than 30 Island-related columns written for the Washington Post. The columns are illustrated by photographs contributed by Island residents and visitors. Copies are \$25 each or five for \$100. The Broder family researched, compiled, and published the beautiful volume and donated the books for sale. All proceeds benefit the BIRHC. Please call 231-448-2275 to order your copy now.

## 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

### November Millage Request

St. James Township voters will be asked to approve the BIRHC millage renewal request on this November’s ballot. This three-year renewal would allow St. James to continue to levy a maximum two mills for the Health Center. Millage from both townships provides about 50% of funding required to operate the Health Center. We thank St. James property owners for their continued support. Please contact Managing Director Donna Kubic for more information at 448-2275.



### Dedication of Ellie’s Walk

From left: Sue Solle with John Gordon, Ed Leuck, and Rose Benjamin of CMU

Beaver Island Rural Health Center  
37304 Kings Highway  
P.O. Box 146  
Beaver Island MI 49782

BEAVER ISLAND RURAL HEALTH CENTER

## BIRHC Services

emergency and urgent care – digital x-ray – fracture splinting and casting  
suturing – 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  
Larry Hudson, MPT, Charlevoix Area Hospital Physical Therapy  
Dan Taylor, MSW, CSW, North Country Community Mental Health  
Dr. Murray Cotter, MD, Dermatology Associates of Northern Michigan

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