

# Traverse Health Clinic

## Newsletter "A Community Together"



WE ARE A  
PHONE CALL AWAY  
(231) 935-0799

*"I would like to thank you for accepting me in the CHAP program. It has made a huge difference not only in my health but is a comfort and security knowing I can get help when needed."*

*N.M., CHAP enrollee*

### Comfort In Times of Uncertainty

Ignoring a serious health problem will not make it go away. Yet this is what many of the thousands of uninsured local residents hope for when they develop symptoms. A trip to the doctor, for many of our neighbors, is simply not a financial option, especially in today's economic climate. But there is help available to many.

Traverse Health Clinic provides a safety net for uninsured adults in Benzie, Grand Traverse and Leelanau counties who meet income and asset criteria. We connect our patients with a primary care provider—a 'person to turn to in times of need,' as our patients often reference.

We provide access to a huge network of volunteer providers in our region. We take the worry out of accessing health care for thousands in our community.

**While the politicians continue their debating over health care reform, we are simply doing it—we are providing for those in need—NOW!**

**Check this out — In the first 11 months of our fiscal year (ends Sept):**

- Our onsite clinic had 5,390 patient visits for primary care and 597 visits for specialty care.
- Offsite, we have made 491 specialty and 501 referrals for primary care.
- Dental needs have escalated by 118%, with 442 people coming to us for dental care vs. 202 in FY08.
- The vision program increased 81% with 521 referrals for eye exams and we have purchased 402 pair of eyeglasses.
- Our medication access program has helped 477 clinic and CHAP patients obtain \$2.5 million worth of needed prescriptions.

#### Inside this issue:

Fall Dental Supply Drive	2
In-Kind Donations Help	2
Party Fun!	2
Benzie CHAP partnership	3
Spotlight on a Longtime Volunteer	3
Grants in 2009	3
Wellness Program Offered Patients	3

### www.traversehealthclinic.org — All New !

You may now go to [www.traversehealthclinic.org](http://www.traversehealthclinic.org) to find out our latest news and events. Use the website as a tool to introduce friends to our organization. It easily illustrates how we provide access to

health services for many community members in need.

Become our fan on facebook! Follow us on Twitter! Donate on line! Share the site with someone in need of our services.

Look for the **Traverse Health Clinic Christmas tree** Nov. 20-22nd at Zonta Club 2009 Festival of Trees! Make it a healthy holiday and bring the tree to your home or office!

### DID YOU KNOW...

- 67% of CHAP patients receive primary care at our onsite clinic.
- 46% of CHAP enrollees have been in the program <1 yr.
- 60% of our patients are employed.



Tom's Food Market display promoting foods for good oral health...and donations.

## Fall Children's Dental Supply Drive

TOM'S FOOD MARKETS HOLDS KIDS DENTAL SUPPLY DRIVE Sept. 14th-Oct. 14th

We are extremely grateful for our new partnership with Tom's Food Markets. As this newsletter is being printed, Tom's Food Markets is running a month long supply drive to benefit our *Traverse Bay Give Kids A Smile* program.

They have not only graciously allowed us to place donation boxes in all their seven locations, but Jane Deering has

designed fabulous in-store promotions which highlight the drive and the importance of kids' dental health.

*Traverse Bay Give Kids a Smile* program is an outreach we have for elementary schools in our five neighboring counties. Last year, we visited and educated over 4,000 children on the importance of regular brushing and oral health care.

Did you know that of the children screened in the program last school year, twenty five

percent had obvious signs of decay or urgent needs? Many told us they did not have their own toothbrush or shared with another family member.

Thanks to Tom's for hosting this donation drive, for now we will be able to provide dental care kits (toothbrush, floss and toothpaste) to all classrooms we visit this year.

This coming January, you can help our adult patients in need by providing them with multi-vitamins. Watch for it at Tom's!

Your help enables us to respond to needs.

## In-Kind Donations Help Our Bottom Line

Business and community partners have come to aid our mission with In-Kind Donations!

We have been blessed with an outpouring of generosity from many local businesses and community organizations, and we feel compelled to share them with you! Every in-kind donation helped us with promotions, supplies or advertising, and has made a significant contribution to our bottom line.

Every service and product our community and businesses are able to do for us allows us to be free from having to pay for the service, and for that, we are so grateful. **Thank you to:**

- American Proficiency Institute
- Everywhere UGO Indoor Ads
- Fast Signs
- Gleaner Life Insurance Society - Crystal Lake Arbor #138
- High Impact Productions
- Karunaphoto

- Midwestern Broadcasting Co.
- Munson Medical Center
- NMC Visual Arts and Communication Department
- Northern Star Broadcasting
- Northwestern Bank
- Oryana Natural Foods Market
- Procter and Gamble
- Ryan Dobry Diabetes Charity S.C.O.R.E.
- Terry W. Phipps Photography
- Tom's Food Markets
- Traverse Dental Associates



WCCW Oldies 107.5 FM and Fox Grand Traverse VIP Oldies Auction Benefit held at Fox Grand Traverse.

## Party "Fun Raiser"!

We cannot say enough about the wonderful generosity of Midwestern Broadcasting Co. and all they are doing to help the Clinic and our visibility.

The fabulous radio ads promoting collaboration with Traverse Health Clinic flood the airways!

This past summer, a surprise call from Ross Biederman informed us that his company was donating their former WCCW remote broadcast truck, and it would be auctioned off for our benefit.

The oldies station, WCCW 107.5 FM, and Fox Grand Traverse teamed up to sponsor and host a lovely appreciation party for our community partners. Blue Cross Blue Shield of Michigan supported the event, as well as many wonderful local businesses and friends. At the end of the evening the truck was sold at live auction!

Thank you to all who attended as well as those who donated auction items. You helped us to raise an additional \$7,600 that evening!

## Your Help... Making a Difference in the Lives of Neighbors.

—“The CHAP program helped me seek medical attention I otherwise could not do. I personally am so grateful.” `Jay

—“Thank you for helping during a transition time in my life.” `Vicki

## Expanded Benzie CHAP office!

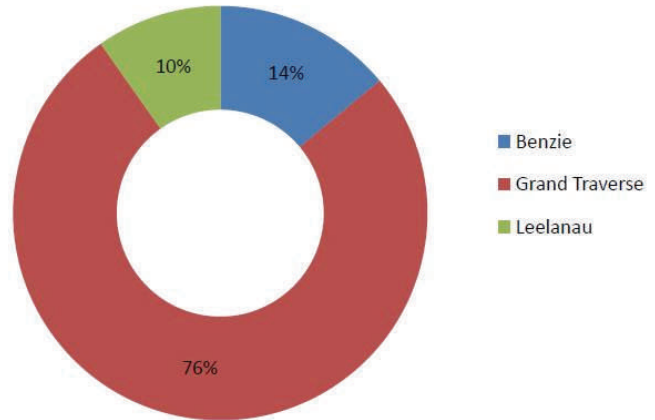
CHAP is the Coalition Health Access Program managed by Traverse Health Clinic. CHAP connects patients with providers who volunteer their services *out of their offices* in Benzie, Grand Traverse and Leelanau counties as well as at our on-site clinic. Monthly enrollment averages 1,500 patients.

About 210 (14%) of CHAP patients reside in Benzie county, yet many have had to drive to Traverse City to receive primary care.

We are pleased to have enhanced our partnership with Honor Family Practice. Ellen Heit, certified Nurse Practitioner and owner of Honor Family Practice, is helping us provide a primary care site for up to 100 CHAP patients from Benzie county.

Currently, Crystal Lake Clinic is the other primary care site for Benzie county. Both practices are making large contributions to the uninsured in Benzie county and helping us meet need. Thank you all!

Traverse Health Clinic  
Coalition Health Access Program  
Residency of All Enrollees  
as of July 31, 2009



## Spotlight on a longtime volunteer

Eighteen years ago, a young physician joined a large group of internists in town. He was off on Tuesdays—the same day a free clinic needed help. It also happened that Dr. Zachman, one of the initial founders of the clinic, was also a part of this practice.

“It was a natural fit,” says Dr. Walter Meeker, and he began giving his time on Tuesdays. “I have been volunteering with the clinic ever since.”

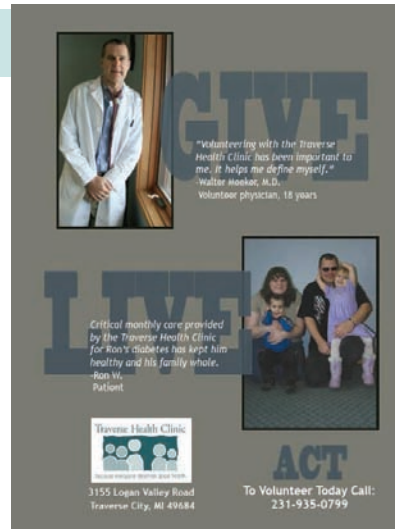
Having been a volunteer Medical Director at the clinic in the past, today Dr. Meeker spends one afternoon each month volunteering his time to see patients at the on-site clinic. He also sees CHAP patients at his private practice.

“The clinic has been important for me in terms of why I do what I do. Between family, faith and my profession, this works. It is important to me and helps me define myself.”

Dr. Meeker has been an important part of the clinic for a long time. The impact he has made in the community and his commitment to helping those in need is steadfast.

If you find you have some time to share at our clinic, or a spot to occasionally fill at your practice, we would love to have you partner up with us.

To volunteer, contact Meg at [mlancucki@traversehcc.org](mailto:mlancucki@traversehcc.org).



## Grants Received in 2009

**Grand Traverse Band of Ottawa and Chippewa Indians 2% allocation**— \$17,100 for electronic medical records equipment.

**Grand Traverse Regional Community Foundation**—funding for our Medical Director and a summer intern.

**Michigan Dental Foundation**—\$5,000 for dental equipment.

**Michigan Dept. of Community Health**—\$4,902 for free clinic.

**Rotary Club of Traverse City**—\$2,500 for community dental day tooth care supplies.

**The Art and Mary Scmuckal Family Foundation**—\$25,000 for direct clinical expenses.

**The Oleson Foundation**—\$7,200 for clinic dental equipment.

**Traverse Area Chamber of Commerce**—scholarship for Leadership Grand Traverse course.

**Wal-Mart Foundation**—\$100 for free cardiac testing day.

**Women's Healthcare Giving Circle, a program of Munson Health Care Regional Foundation**—\$6,894 for women's clinics.

## Weight Loss Through Wellness Program

This summer, Traverse Health Clinic offered patients an eight week program, “Losing weight through Wellness.”

Education focused upon learning how to eat healthier, exercise more and how to make positive changes in one's life.

Special thanks to four community volunteers who stepped forward to each do two presentations: Laurel Najarian, a registered dietician, talked about establishing a healthy diet; Dr. Greg Chappell, a chiropractor, talked about the importance of exercise and activity; Lyn Chappell, a life coach, talked about how to make life style changes; and, Dr. Lisa Franseen, a psychiatrist, talked about focusing on health and not just weight loss.

Overall we had 5 patients who participated in the program over the eight weeks and all learned how to make positive changes in their lives. Another eight-week session will be offered to our patients beginning in late September as we continue reaching out to help our patients and encouraging them to improve their lifestyles.

Traverse Health Clinic



because everyone deserves good health

3155 Logan Valley Rd.  
Traverse City, MI 49684

**Our Mission:**  
**To Provide Access to Affordable Health**  
**Services Through Community**  
**Collaboration To People In Need.**

---

Find us at  
[www.traversehealthclinic.org](http://www.traversehealthclinic.org)  
or call us at (231) 935-0799

---

**Letters from the Uninsured.** Every year we re-enroll our members, update them on any new services which might be available to them, and ask them to complete a survey. Here are some comments we've received which we'd like to share with you.

5-28-09 "You are doing a great community service. I appreciate the respect your volunteers show for the people when they are in need. I lost my job approx. 2 years ago and it feels good to be well treated. Your people show concern and treat me like I still have value."

6-17-09 "This program has been a life saver for my husband. He had cancer surgery with the help of CHAP doctors."

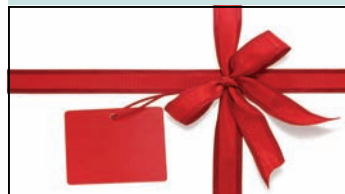
1-8-09 "A wonderful program. I don't know what I would have done if I didn't have it. Everyone is very helpful, so understanding and concerned for my health care needs!"

Read more stories at [www.traversehealthclinic.org](http://www.traversehealthclinic.org).

**"Honey, I'm going shopping to benefit The Traverse Health Clinic!**  
**This is one line you may not have found yourself using before...but we hope you will!**

SHOP YOUR COMMUNITY DAY

November 14<sup>th</sup>, as you do your downtown shopping, please remember that fifteen percent of your purchase price at participating stores will go to Traverse Health Clinic if you designate us as the recipient. Thank you for all the ways you can help us achieve our mission!



EXTRA HELP IN HARD TIMES.  
RAISE MONEY FOR THE CLINIC

...by suggesting to Friends and Family Members that they make a contribution in lieu of a gift!

