

the Pulse

August 2019

News for Munson Healthcare Paul Oliver Memorial Hospital Medical Staff

Join Us for “Building Community Resilience” on September 25

Area providers are invited to join us for a crucial conversation about adverse childhood experiences (ACEs).

Recent research has discovered a correlation between Adverse Childhood Experiences (ACEs) – i.e., abuse and neglect during childhood – and health outcomes. As the documentary “Resilience” reveals, toxic stress during childhood can trigger hormones that put adults at greater risk for disease, homelessness, prison time, and early death.

Please join Paul Oliver Memorial Hospital for “Building Community Resilience,” which will explore the health impacts of ACEs.

Agenda

- Network with area organizations who are dedicated to supporting our community
- A showing of the documentary film “Resilience: The Biology of Stress & the Science of Hope”
- Q&A panel with local experts
- Dr. Megan Stilwill will present a short education session titled “The Way We Treat Children Matters,” which will share everyday actions to build resilience in our communities

Panel



Mary King Gruman, MS, LPC, NBCC, Birchbark Counseling (Moderator)

A licensed professional counselor with Birchbark Counseling in Traverse City, Mary is active in the Traverse City based Licensed Professional Counselors of Northern Michigan group and currently serves as a Master Trainer for the Michigan ACEs Initiative which led her to speak at the 2019 TEDxTraverse City. She is on the board of the local National Alliance for Mental Illness chapter and the advisory board of the Generations Ahead teen parenting program. Her practice serves people ages 13+.



Kristen Ryder, Traverse Bay Area Intermediate School District

Kristen is a school psychologist, mindfulness instructor, and a trauma-informed yoga instructor. For her yoga practice, she has completed certifications with the Yoga 4 Survivors oncology

program, Mindful Schools, Yoga 4 Classrooms, Connection Coalition, and the Street Yoga program out of Seattle, WA, which focuses on assisting homeless and traumatized youth. Kristen is also a yoga instructor at Cowell Family Cancer Center. She currently serves TBAISD’s New Campus center-based program, which provides educational services for students with severe emotional and behavioral disabilities. Kristen is from the Metro-Detroit area, where she served her local Community Mental Health agency for 12 years in various roles. She is an ACEs Champion Trainer, trained through Michigan DHHS, and a Certified Family Trauma Professional.



Robert Sprunk, MD, Grand Traverse Children’s Clinic

Dr. Sprunk graduated from the University of Michigan and completed a pediatric residency at C.S. Mott Children’s Hospital and neonatology fellowship at Wayne County General Hospital. Dr. Sprunk’s special interests include ADD/ADHD in children, adolescent/teen medicine, asthma, immunizations, and neonatology.



Megan Stilwill, DO, Traverse Area Pediatric and Adolescent Clinic

Dr. Stilwill graduated from Michigan State University and completed her pediatric residency at PBCGME Palms West Hospital. Her background is in behavioral therapy and has worked extensively with children with various developmental disabilities in the classroom, home, and medical settings.

Wednesday, September 25 | 5 – 8 pm

Open to the public; no cost to attend

To reserve a seat: munsonhealthcare.org/buildingresilience92519

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Tri Up North Triathlon, Walk Support Community Wellness

A challenging triathlon or beautiful stroll on the shores of Betsie Bay are options for participants at the Tri Up North Triathlon or fun walk on Sept. 14 in Frankfort.

The fund-raising event for the hospital's Community Wellness Programs is being sponsored by Paul Oliver Memorial Hospital Auxiliary as part of its mission to promote community health and increase recreational opportunities for area residents and visitors.

"It's our goal to engage young people, families, and individuals to make healthy choices and live a healthy lifestyle," said Diane Miller, race director. "Our goal in hosting the Tri Up North Triathlon is to engage individuals and families in making healthy choices, living an active lifestyle, and having fun in our beautiful area."

This year's triathlon will again feature 10- or 22-mile course options, and for those who just want to be active and enjoy the beauty of the bay, there will be a non-timed 2.5 mile Betsie Bay walk along the lakeshore. As in past years, the triathlon can be completed individually or with a two- or three-person relay team.

Similar to the popular M-22 Challenge, Tri Up North has a paddle portion instead of swimming. Participants can use a kayak or stand-up paddleboard. The "Classic" 10-mile event includes a six-mile bike ride, one-mile paddle, and three-mile run. The "Challenger" 22-mile course involves 14 miles on a bike, two miles paddling, and six miles running.

"The 10-mile course is flat and fast and perfect for local youth and adults who may have never raced to give it a try," Miller said. "The 22-mile course is more challenging. It extends out

from Frankfort over the hills surrounding Crystal Lake and Betsie Bay and offers spectacular vistas of Benzie County and Lake Michigan."

All triathlon participants will receive a finisher medal, t-shirt, assorted gift bag, food, and refreshments. Awards will be given in a number of categories dependent on race participation.

Paul Oliver Memorial Hospital Board Chair Kris Thomas said she appreciates the dedication of the auxiliary to making the event a success and raising funds for the hospital's important work in the community.

"The auxiliary, along with the many event sponsors and participants, recognize the importance of having access to high quality, safe care in Benzie County," she said. "Without community support, many of the services provided by the hospital would not be in existence."

For more information and to register, go to tri-upnorth.com.

Tri Up North Triathlon

Saturday, September 14

7 - 11 am

Frankfort, MI

tri-upnorth.com

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This event is free and open to the public. Free childcare and food/refreshments will be available.

To reserve your seat: munsonhealthcare.org/buildingresilience92519.

For more on ACES:

- Read the Munson Healthcare version of The Pulse | Oct. 2018 (munsonhealthcare.org/pulse)
- Watch TEDxTraverse City 2019 videos: tedxtraversecity.com/2019-event (click on speaker bios)

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The Pulse is published six times a year.

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