



NEWSLETTER | APRIL 2017

Exalta Health reflects the spirit of Christ by providing compassionate, accessible healthcare.

2060 Division Ave S, Grand Rapids, MI 49507  
phone 616.475.8446 fax 616.475.1272  
exaltahealth.org

SAVE THE DATE

**16** **ArtFeast 5**  
**MAY 16, 2017 @ The Harris Building**  
11 Division Ave S, Grand Rapids, MI 49503

**07** **Annual Golf Outing**  
**AUGUST 07, 2017 @ Thornapple Pointe Golf Club**  
7211 48th St SE, Grand Rapids, MI 49512

**10** **Annual Luncheon**  
**OCTOBER 10, 2017 @ The Kroc Center**  
2500 Division Ave S, Grand Rapids, MI 49507

THANK YOU TO OUR 2017 ANNUAL ARTFEAST 5 SPONSORS:

- Ed and Patti Bartos
- Steve and Elaine Bossenbroek
- Chemical Bank
- Galen Knutson and Donna Erickson
- Dr. Raymond Fuller
- The Sam & Laura Giovannucci Family
- Varnum LLP
- Kim Higgs and Jane Renwick in memory of Ann Anklam

- Ken & Becky Kraft
- Dan and Deb Mankoff
- Karen Neimeyer
- Samuelson Fine Art Printing
- Spectrum Health
- Nancy Truel
- I.C.N. Foundation

**BOARD OF DIRECTORS**  
Executive Committee

- |  |                  |
|--|------------------|
| Dan Butler<br><i>Chairperson</i>           | Donna Erickson   |
| Curt VanSolkema<br><i>Vice-Chairperson</i> | Iliana Fingleton |
| Amanda Osorio<br><i>Secretary</i>          | Melanie Glover   |
| Steve Bossenbroek<br><i>Treasurer</i>      | Jane Renwick     |
| Ed Postma<br><i>At Large Member</i>        | Jim Samuelson    |
|  | Jeff Stormo      |
|  | Julio Suarez     |
|  | Ricardo Tavárez  |

**STAFF**

- |   |   |
|---|---|
| Bill Paxton<br><i>President</i>                               | Daniel Garcia<br><i>Dental Assistant/Coordinator</i>        |
| Laura Vander Molen, DO<br><i>Medical Director</i>             | Samantha Orozco, RN<br><i>Medical Clinical Coordinator</i>  |
| Daniel Armstrong, DDS<br><i>Dental Director</i>               | Elisa Perez-Arellano<br><i>Social Worker</i>                |
| Kenneth Kraft<br><i>Director of Advancement</i>               | Whitney Rhoades<br><i>Financial Navigator</i>               |
| Radames Cordova<br><i>Dental Assistant</i>                    | Lynette Schreur, RN<br><i>Project &amp; Quality Manager</i> |
| Sandra Deters, RDH<br><i>Dental Hygienist</i>                 | Chris Shoemaker, MD<br><i>Physician</i>                     |
| Monserrat Dykema<br><i>Receptionist</i>                       | Ken VanBeek<br><i>Behavioral Health Coordinator</i>         |
| Thacker Hisey<br><i>Medical Assistant</i>                     | Nancy VandenBerg<br><i>Volunteer Coordinator</i>            |
| Thressa Hoekstra<br><i>Executive Assistant/Office Manager</i> | Rev. Ken Vanderwal<br><i>Spiritual Care</i>                 |
| Fred Hoekzema, DDS<br><i>Dentist</i>                          | Ben Verduin<br><i>IT Coordinator</i>                        |
| Rochelle Hyde<br><i>Volunteer Assistant</i>                   | Ynixce Villagomez<br><i>Medical Assistant</i>               |

FROM OUR PRESIDENT

Who Is My Neighbor?

It's easy to be the Good Samaritan.

Our culture loves heroes, and in Luke 10 the person who stopped to help the beaten, near dead man was a hero. In response to the Torah expert who asked Jesus to define his neighbor so he could love him, our Savior pointed to the person who helped the stranger.

Throughout my life I've been encouraged to love my neighbor – even if (s)he is a stranger. And usually I don't find this difficult to do. In our often antagonistic culture people who help strangers – often at risk to themselves – are celebrated as 'good Samaritans.' We have a law that protects well intentioned doctors who help strangers called The Good Samaritan Law. We have Christian non-profit organizations incorporate "Samaritan" into their name. At Exalta Health we use the example of the Good Samaritan as the reason you would want to support us.

We are encouraged to be the hero.

A few weeks ago I heard Rev. Kate Kooyman of the Office of Social Justice for the Christian Reformed denomination offer a different perspective to this well-known parable. What if we see ourselves not as the Good Samaritan but as the beaten man left for dead that needs help? Who then is my neighbor?

My neighbor is the stranger who helps me, the person I don't know, the angel of mercy that helps me see Jesus a little more clearly. Pastor Kooyman wasn't saying that we should not be Good Samaritans. She just challenged me to see the face of Jesus in the strangers I encounter.

When I lay on the ground – sometime beaten and defeated -- who is my neighbor? Yes, it is you my friends who in these challenging and trying times reach out and put Exalta Health on your donkey, carrying us to safety, and sharing your resources as we build community. And I thank God for you.

My neighbors are the strangers who may disagree strongly with each other about healthcare reform, immigration, or refugees. And despite these differences these strangers are willing to come together to ask and answer the question: how can we help Exalta Health carry out Christ's command to show mercy?

And my neighbor is also the woman who comes to our door looking for medical services. It's the man with the hurting tooth humbling himself enough to ask for help. It's the depressed and the anxious who find themselves at 2060 South Division.

How can this be? Because even though I'm a stranger, they are willing to show me Jesus' face. They are my neighbors.

Bill Paxton, Exalta Health President

## MEDICAL CORNER

### A Resource That Transforms

John S. has gone through a major change in his life. He wants everyone to know that “Exalta Health is a great resource in our community that has had a major impact on me.”

Four years ago John’s blood pressure was dangerously high. He was seriously overweight and headed for major health problems. His sister challenged him to find a place that would provide care for the whole person from a Christian perspective and suggested Exalta Health.

What a relief it was to learn that his care was affordable! What an encouragement it was to find such sincere, caring staff and volunteers to provide quality care. “Dr. Vander Molen really took time to listen to me,” John shared.

Step by step, John has made progress as he followed his treatment program. His blood pressure was brought under control, and he started losing weight. Being treated as a whole person -- body, soul and spirit – has helped get through the ups and the downs of improving his health.

Today with a 100 pound weight loss, he is in better health, has more energy and a new perspective on life. His is a story of change and transformation.

He is grateful for all who make his life changing care possible. “I am so thankful Exalta Health was there for me,” says John. “I do believe it saved my life. I want everyone to know about it!”



**“Thank you for supporting this very deserving cause.”**

## DENTAL CORNER

### Kingly Treatment

“I am treated like a King!”

John M. is proud to have served in the U.S. Army. But like many veterans of the Vietnam era, he remembers the harsh reactions he experienced from some when he came home



to Battle Creek. This bitter reception so many years ago has served as a background to a life that has not been easy.

Affording dental care has been one of those challenges for John and his wife. Once they managed to scrape together enough to see a dentist. Instead of receiving the care they sought, they were berated for the condition of their

teeth. This experience made it difficult to return for dental care, which resulted in further deterioration of oral health.

In 2014 John realized that his poor oral health was contributing to his deteriorating overall health. He knew he had to do something. A medical doctor with the Veteran’s Administration told John about dental care at Exalta Health. Although cautious at first, John has found our staff to be genuinely interested in helping him. He also found that care would be affordable.

**“They made me feel like I belonged. I am treated like a king!”**

Your support has made a big difference for John. With his new dentures, John has a completely new outlook on life. He now has regular checkups, and his overall health has improved. And he has experienced a surprise bonus -- he is more confident with people.

It is amazing what new dentures, good oral health, and kingly treatment will do for one’s self –confidence. John recommends being treated like a king at Exalta Health to everyone he meets.

## VOLUNTEER CORNER

### The Art of Service



“I know that I am making a difference. And that feels really good!”

Raised in Michigan by hard working Latino parents, Joel Canales learned Spanish at home and English in school. He also learned the value of hard work. After working for GM for 35 years he retired fairly young in good health.

Several years ago, God redirected Joel’s life in a personal and dramatic way. Out of gratitude for God’s goodness, he knew he needed to help others. Joel mentioned this to a friend who was familiar with Exalta Health. This person’s passion for our work so impressed Joel that he contacted our Volunteer Coordinator. That was 5 years ago. Ever since, several times a month Joel has interpreted for patients and providers.

Joel brings a joyful energy every time he walks into Exalta Health. Recently, a patient at the clinic was anxious about an upcoming surgery and a staff member remembered that Joel had gone through the same surgery. Joel not only had a conversation to encourage that patient but he also visited him in the hospital and kept in contact during his recovery. “I know that I am making a difference. And that feels really good,” Joel share with a big smile.

Joel also began to paint in retirement. Self-taught while watching PBS, he has found not only does he enjoy it, but also he has a talent for it. Working in acrylics and oils, he sold over 100 paintings last year.

But typical for Joel, his painting is not just for his own enjoyment or profit. He also uses his painting to help people. In addition to teaching a “Painting for Stress Relief” class for Metro Health, Joel will be participating in Exalta Health’s ArtFeast 5 on May 16. And when you introduce yourself to Joel at ArtFeast in addition to seeing his art work, make sure you thank him for his service.

## STEWARDSHIP MATTERS

**Provide an income for yourself while supporting Exalta Health.** There are many ways that you can help Exalta Health provide affordable, quality healthcare to our underserved neighbors. If you are age 55 or older, you should consider a Charitable Gift Annuity (CGA). It helps Exalta Health while also providing a fixed, lifelong income for you and your spouse.

Here’s how it works. A CGA is a contract whereby a charitable gift of cash or equities pays a fixed life income annually, based on the age of the beneficiaries. The donor receives a partial charitable income tax deduction. Portions of the income will typically be tax-free, or taxed at lower capital gains rates. The gifted asset will also be removed from your estate, thus avoiding potential estate taxes. The income can also be deferred according to the wishes of the donor. A remainder portion of the gift will be available to Exalta Health.

Exalta Health makes this available to our donors through the National Christian Foundation West Michigan. A specific proposal and illustration can be prepared for you and your advisors to consider. If you are interested, please contact Ken Kraft, Director of Advancement at 616.475.8446 x107 or [kkraft@exaltahealth.org](mailto:kkraft@exaltahealth.org).

### JIM’S STORY

Since I began volunteering as a primary care physician in 1998, Exalta Health has been an integral part of my life. Initially, I was excited to serve in a faith-based ministry, without traveling to another country. But by volunteering every month, I have been able to establish long term relationships with patients that I would not be able to if I were to occasionally go overseas.



I started at Exalta Health with the notion that I wanted to help the underserved since God had blessed me with the talent and training to be a physician.

**But as the years have gone by, I realize that I have received as much or more than I have ever given to the patients.**

What ultimately what keeps me coming back month after month to Exalta Health is the joy that comes from serving others. There is a palpable joy in the hearts of the staff and volunteers and in the faces of many of the patients despite their difficult circumstances. It is a true blessing to be involved in the lives of the patients and staff at Exalta Health by my service and financial support.

**Dr. Jim Samuelson**