



THE PULSE

OF THE OSTEOPATHIC FOUNDATION OF WEST MICHIGAN

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REMEMBERING BRYAN HUGHES

The Osteopathic Foundation lost a friend, a colleague, a superb board member and a great human being on September 13,



2011. Bryan Hughes, an Osteopathic Foundation of West Michigan board member, since its creation, died suddenly just a month after turning 59.

Bryan lived large and was described by those who loved him as a modern-day Renaissance man. He knew a lot about a lot of things, and he excelled at math. He loved the out-of-doors, fishing and hunting. And he possessed an entrepreneurial spirit and love of starting businesses from the ground up – not necessarily what would have been expected from a boy born in the tiny city of Mount Gilead, Ohio in 1952.

Bryan was one of four children and moved with his family at a young age to West Bend, Wisconsin where his father was a salesman for West Bend Aluminum. He excelled in both sports and academics. After serving in the US Marines, he earned a scholarship to attend Illinois Wesleyan University and met his future bride, Lucy Bergmann, at freshman orientation.

He worked for a law firm in Rockford, Illinois for a year, then enrolled at Drake

See *Hughes*, back page.

SERVING OTHERS ... A MESSAGE FROM THE CHAIRMAN

In this issue we feature two members of the osteopathic community whose lives exemplify *service above self*. Sadly, one of these friends recently left us, but his spirit and giving ways live on.

Bryan Hughes, long-time board member of this foundation died unexpectedly on September 13. Bryan served as secretary to the board and was instrumental in recent negotiations to renew a mortgage on property owned by the foundation. I had come to rely on Bryan for his ability to examine details pertaining to financial and legal matters. He was a tireless advocate for osteopathic medicine, and the entire board misses him.

Another member of the osteopathic community who believes in service above self is Dr. Mark Karnes. Dr. Karnes was featured in a previous issue of *The Pulse* as he and his wife made the brave decision to leave their home, family and friends in West Michigan to provide medical services in Ethiopia. He is one of the few Ob/Gyns in that country. Read about a fascinating “day in the clinic” in this edition.

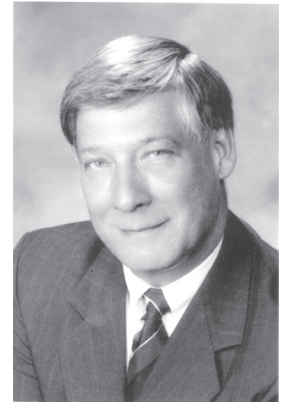
What makes such individuals think of serving others while placing their own safety or life experiences on hold? One might suggest it is inherited or a genetic trait passed on by their parents. Others see desperate needs in the lives of others and feel compelled to offer whatever they can to make the world a better place.

Generations of Americans have reached out to help their fellow human beings in the US and around the world. As a member of the board of directors of the local Red Cross Chapter, I see and hear the numerous acts of giving, mercy and compassion exhibited by staff and more than 2,000 Red Cross

volunteers in Muskegon, Newaygo and Oceana Counties alone.

Will the generations following us be as compassionate and giving? Some writers think not, but I believe they will. Schools do teach the principles of philanthropy, and community service projects are now required of almost all graduates. Students get first-hand observation and experience realizing that their good works—unpaid and unselfish—help others while bringing joy and pleasure.

The mission of the Osteopathic Foundation of West Michigan is to support and enhance osteopathic medicine and support health initiatives through grants and scholarships – to help others. And we are always looking for new and better ways to do that. If you have ideas for us, please contact me at 231-766-3365 or write me at mccprez@aol.com Thank you for following our activities by reading *The Pulse*, and thank you for all you do.



FRANK P. MARCZAK, ED.D.
CHAIRMAN



“There is not enough darkness in all the world to put out the light of even one small candle” ~ Robert Alden

MARK T. KARNES, DO, REPORTS FROM THE FIELD

The story of a patient at Soddo Christian Hospital and one couple's commitment to serve others

After 25 years in private practice, Mark Karnes, D.O., and his wife, Allison, left West Michigan last year to begin a new life in Soddo (Sodo), Ethiopia. This beautiful mountainous region is just six degrees above the equator. The high altitude keeps the climate mild, but life is not easy. Medical care is scarce. Villagers often have to travel for hours by public transportation to get to a doctor, and there is only one obstetrician for more than a million people.

Dr. Karnes practices obstetrics at Soddo Christian Hospital. Though short on staff, supplies and diagnostic equipment, the hospital is an oasis of skilled care and hope for Ethiopians for hundreds of miles around. The Karnes are witness to both the tragedies and the extraordinary resiliency of the people they meet, and they are motivated and sustained in their work by their deep faith.

Dr. Karnes keeps in touch with friends in West Michigan and sent this story of one woman who represents the plight of many he sees. For background, see our story of the Karnes' anticipated departure in the May 2010 issue of the Pulse on the Foundation's website at www.osteopathicfoundation.org.

By Mark Karnes, DO

The unrelenting pain continues hour upon hour. "Why is this baby not coming?" she wonders. She had given birth at home five times before. Why was this child different? She continues to squat on the dirt floor in her round thatched house, bearing down and pushing. By now her feet are caked with mud made from a mixture of blood, amniotic fluid and the dirt floor. Ten hours, twenty hours, thirty-six hours; her energy is failing. Still she tries, but the baby will not come.

Finally she senses the child no longer moves inside her. He is dead but the wracking pains continue. And then her contractions abruptly stop. She faints and passes out on the floor, totally exhausted. The baby is still not born, but the contractions have ceased. Her husband is concerned as well as her brothers. They have come to the realization that the baby is not going to come but maybe the mother can be saved. The decision is made to transport her to the health center where she can obtain assistance.



They construct a makeshift stretcher and carry her over the rocky path, up and down valleys until the path finally meets the road. This takes two or three hours. But before this journey can even begin, they have begged their family members and neighbors from their village for enough money to cover the transportation costs to the health center and/or hospital. They wait for the taxi to come; all the while the patient is becoming weaker and weaker due to internal bleeding. Her pulse is rapid. She is feverish and lifeless.

Finally a public taxi arrives and she is transported to the rural health center. Here, she is examined by the health officer, one who is trained to help mothers deliver their babies. He has seen this over and over again. He confirms that the baby is dead but is unable to assist her in the delivery of the child. He may start an IV if there is one available and tells the family that her only chance of survival is getting her to a hospital where an operation can be done to remove the baby. This means the family has to wait again for another vehicle or taxi to take them three to five hours to the hospital.

When she eventually makes it to our hospital, she is infected; foul smelling discharge is coming from her. She is in shock, almost lifeless, dehydrated, exhausted and near death. Will she survive? I don't know. Will she have serious, lifelong consequences from this ordeal? Most likely.

The above scenario is one that I have seen repeated multiple times since coming to Soddo Christian Hospital nine months ago. Her diagnosis is ruptured uterus with a stillborn macerated infected infant.

I am privileged to work in this semirural setting of two and a half million people where the maternal mortality rate is an astonishing 1 in 16. For each woman with a ruptured uterus that makes it to the hospital, there are many more who die in their village. Ninety-four percent of the women here still deliver at home, unattended by any health

care trained professional. The six percent who do deliver with trained personnel are often in ill-equipped health centers. There is one obstetrician for greater than one million people.

Practicing here is definitely different than practicing in the U.S. For one thing, we have very limited laboratory and other medical diagnostic resources. I have to rely on an accurate history (sometimes going through two translators), my physical exam and ultrasound examination.

At times I can obtain hematocrits. I have no electrolytes or thyroid function tests. Our surgical equipment is often outdated and not well functioning. I do not have the capacity to do laparoscope. We wear gloves that have been washed over and over again and surgical gowns that have been sewn and resewn.

I have been amazed at the resilience of the human body and how much pain and disease it is able to withstand. I am dumbfounded by the sheer number of advanced cancer cases we see in young women, as well as intraabdominal tuberculosis along with the ravages of malaria. The people here are very tough, very kind and always appreciative of what we do for them.

Soddo Christian Hospital has been here for seven years and is part of the Pan African Academy of Christian Surgeons (PAACS) consortium with a general surgical training program for Christian African doctors. Our African



doctors do a five-year intensive surgical residency. My role here is very different than in the states. Instead of doing routine deliveries, these are left to our trained midwives. I primarily do consultations, surgery and complicated obstetrics. I am still, however, a resident trainer, which I thoroughly enjoy, with the majority of my time spent in educating, educating, and educating nurses, midwives and physicians.

To learn more about our hospital you can visit www.soddo.org or our personal website, www.soddospecialdelivery.org. On this site you can sign up for our bimonthly newsletter that comes online and view many pictures of our work.

2011 SCHOLARSHIPS & GRANTS

Eleven \$5,000 Medical Education Scholarships were awarded to the following osteopathic medical students:

Kathryn M. Adams

Michigan State University College of Osteopathic Medicine, 2013
Michigan State University
Fruitport High School

Kaitlin K. Anderson

Michigan State University College of Osteopathic Medicine, 2014
Hope College
Mona Shores High School

Nicholas S. Beechnau

Michigan State University College of Osteopathic Medicine, 2012
Michigan State University College of Engineering
Ravenna High School

Brett C. Erickson

Lake Erie College of Osteopathic Medicine, 2014
Hope College
Fruitport High School

April A. Hallack

Des Moines University College of Osteopathic Medicine, 2012
Grand Valley State University
Shelby High School

Mark A. Jensen

Michigan State University College of Osteopathic Medicine, 2015
University of Michigan
Mona Shores High School

Lindsey D. O'Neil

(former OsteoCHAMP)
Michigan State University College of Osteopathic Medicine, 2014
Michigan State University
Lansing Community College and Muskegon Community College
Western Michigan Christian High School

Caitlin E. Rice

Michigan State University College of Osteopathic Medicine, 2014
Hope College
Spring Lake High School

Kent W. VandeVrede

Michigan State University College of Osteopathic Medicine, 2013
Wayne State School of Medicine
Calvin College
Mona Shores High School

Hope M. Vermaire

Michigan State University College of Osteopathic Medicine, 2012
Calvin College
Muskegon Community College
Western Michigan Christian High School

Jennifer K. Waters

A. T. Still University Kirksville College of Osteopathic Medicine, 2013
Central Michigan University
Grand Haven High School

Thirteen \$2,000 scholarships were awarded to the following OsteoCHAMPS students for the summer PREcollege Enrichment Program (PREP)

Returning for a second year:

Derrick L. Collins, II,
Muskegon Heights HS

A'miya G. Ezell-Taylor,
WayPoint Academy

Aliyah M. Mitchell,
Muskegon HS

Champagne M. Smith,
Muskegon HS

New to the program this year:

Kaitlyn M. Cook,
Fruitport HS

Tiara C. Dawson,
Orchard View HS

Triveon C. Freeman-Levelston,
Muskegon HS

Royce E. Johnson,
Mona Shores HS

Trevon M. Kitchen,
Muskegon Heights HS

Aryn N. Murar,
Reeths-Puffer HS

La'Keisha S. Moffett,
Muskegon HS

Erika A. Sandoval,
Muskegon HS

Lauren E. Robbins,
Reeths-Puffer HS

Sixteen \$500 College Tuition Scholarships were awarded to graduating seniors who participated fully in OsteoCHAMPS:

Amber L. Barnard, Holton HS
Ferris State University

Coreyelle S. Chambers,
Reeths-Puffer HS
Muskegon Community College

Caitlyn L. Gauthier, Mona Shores HS
University of Detroit Mercy

Mercedes E. Gonzales, Hesperia HS
Ferris State University

Anna V. Hernandez-Rivera,
Fruitport HS
Muskegon Community College

Hilary R. Howard, Oakridge HS
Michigan State University

Julius D. Johnson, II, Muskegon HS
Michigan State University

Lindsay M. Leonard,
Orchard View HS
Muskegon Community College

Jacob R. Nelson, Orchard View HS
Muskegon Community College

Juwan C. Smith,
Muskegon Heights HS
Michigan State University

Joel C. Stewart, Oakridge HS
Michigan State University

Precious M. Thomas,
Muskegon Heights HS
University of Michigan

Nicole A. Thompson,
Orchard View HS
Muskegon Community College

Natalie N. Williams,
Reeths-Puffer HS
Muskegon Community College

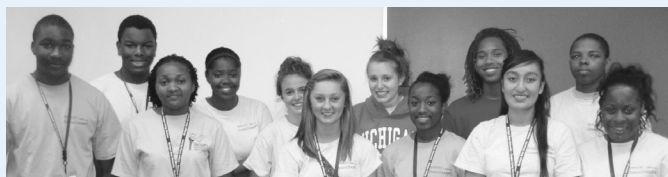
Devonte O. Wilson, Muskegon HS
Grand Valley State University

William T. Vauters, V.,
Muskegon HS
Western Michigan University

*Continuing Grant, Paid in 2011
(approved in prior years; multiple payments)*

Mercy Health Partners

\$50,000 fourth installment of a \$250,000 grant to be paid over five years to support the Johnson Family Center for Cancer Care.



2011/12 OSTEOCHAMPS—Pictured from left to right: Royce Johnson, Trevon Kitchen, A'miya Ezell-Taylor, Aliyah Mitchell, Kaitlyn Cook, Aryn Murar, Lauren Robbins, Champagne Smith, Derrick Collins, Erika Sandoval, Triveon Freeman-Levelston, Tiara Dawson. *Not pictured:* La'Keisha Moffett

FORMER FOUNDATION EXECUTIVE DIRECTOR APPOINTED TO THIRD TERM ON COMMISSION ON OSTEOPATHIC COLLEGE ACCREDITATION

David Wells, past executive director of the Osteopathic Foundation of West Michigan, has distinguished himself as a highly respected commissioner and site evaluator for the Commission on Osteopathic College Accreditation (COCA) and was recently appointed by the third president of the American Osteopathic Association to a third term on the Commission.

David has been trained to be a site team evaluator in the areas of

administration, finance and governance. He visits and evaluates medical schools to determine if they are meeting required AOA standards.

This past year, David was part of a committee that researched the state of osteopathic graduate medical education and proposed changes to COCA. He is also on the COCA standards review committee that will make final recommendations for the exact wording of amended and new accreditation standards.



**Osteopathic Foundation
of West Michigan
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James E. Starr, Jr., D.O.

Administrative Assistant
Pamela K. Alexander
alexanpk@trinity-health.org

2010 Annual Report

Statement of Financial Position December 31, 2010

Assets	
Cash	\$ 627,514
Certificates of Deposit	250,000
Marketable Securities	2,193,088
Other Investments	700,000
Note Receivable	60,000
Accrued Interest Income	5,146
Property & Equipment	14,270,091
Total	\$ 18,105,839

Liabilities and Net Assets	
Taxes and Special Assessments Payable	\$ 144,038
Accrued Liabilities	27,098
Grants Payable*	100,000
Long-term Debt	11,647,627
Permanently Restricted Assets	17,900
Unrestricted Assets	6,169,176
Total	\$ 18,105,839

Statement of Activities Year Ended, December 31, 2010

Revenue	
Net Investment Income (Loss)	\$ 296,255
Donations	17,200
Rental Income	64,718
Other Income	103,649
Total Revenues	\$ 481,822

Expenses	
Grants and Scholarships	\$ 129,733
Accounting/Auditing & Legal	11,288
Insurance	2,212
Operating and Administrative Expenses	57,276
Total Expenses	\$ 200,509

Net Increase (Decrease) in Net Assets \$ 281,313

**Mercy Health Partners for the Johnson Family Center for Cancer Care*

DONATIONS 2010

*Thank you to the following for generous donations to the
Osteopathic Foundation*

Estate of Harold J. Workman, Sr.
David L. Dora, D.O., and Sara M. Dora, D.O.
Frank P. Marczak, Ed.D., and Marlene H. Marczak
Patricia J. Roy, D.O., and Paul E. Roy, Jr.

Hughes, from cover.

University Law School. After graduation, he became involved in commercial real estate in Traverse City and eventually returned to Iowa where he worked as a financial planner for Farm Bureau Insurance.

Bryan and Lucy had two sons, Justin and Andrew, and a daughter, Kristen. And by all accounts, Bryan loved being a dad. He coached soccer and served as a Boy Scout leader, and took his family on vacations to Michigan and Colorado.

The Hughes family moved to Muskegon in 1992, and Bryan became a partner in the Chaddock Winter and Alberts Insurance Agency. He later became a partner in Jackal Fabrication and worked for Gallagher Insurance in Grand Rapids. For the last several years, he served as executive director and CEO for the Great Lakes Naval Memorial and Museum in Muskegon and is credited for turning the organization into both a profitable and prominent attraction.

Bryan served on the board of directors of Muskegon General Hospital and was instrumental in negotiating the creation of this foundation when Mercy Hospital merged with Muskegon General Hospital. He took his responsibilities as a board member seriously and served as its secretary. He was trusted, respected and admired.

"The entire foundation board misses him," said Frank Marczak, chairman of the Osteopathic Foundation. It's a sentiment echoed by fellow board member Mark Fazakerley.

"I miss my good friend," said Mark. "Bryan and I worked closed together developing the Naval Memorial and Museum, and he played a crucial role recently in negotiating a new loan for the Health Pavilion in Muskegon, which is owned by the Foundation."

Bryan leaves a legacy of leadership, service and inspiration—big shoes to fill. It was a privilege to know him and to work with him.

For a look back, you can read an article written by Bryan in the May 2010 *Pulse*, which can be found on this Foundation's website www.osteopathicfoundation.org.

The Pulse is published periodically by the Osteopathic Foundation of West Michigan, 1700 Clinton Street, Muskegon, MI 49442.

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