

# Reflecting the Spirit of Christ by Providing Compassionate, Accessible Healthcare



## Faith & Health in Harmony

Communicate with Exalta Health patient John Shea and you can quickly see his passions as a jazz musician.

In an email exchange, for example, there's a swing and a creative freedom in his punctuation and capitalization (or lack thereof). So it's no surprise when you learn that John, a Battle Creek native, has been a working musician for decades now, going back to his ninth-grade year at W.K. Kellogg Junior High when he started playing shows for Battle Creek Civic Theater.

Later, as a literature major at Olivet College, he played in a variety of musicals and then, he says, his big break came when he was hired to play five nights a week with Bennie Carew at the old Harley Hotel in Grand Rapids, near the intersection of Cascade

Road and East Paris Avenue. Although that hotel no longer exists, Shea continues to ply his trade in a variety of venues across Michigan as leader of the John Shea Trio, including on his own Facebook page [@JohnSheaMusic](#).

As a self-employed musician though, he has no health insurance. A decade or so ago a friend recommended Exalta Health. And, as they say, together John and our staff began to make beautiful music. He recently recalled that first visit.

"I came in at 1 pm," he said, "and I hear the medical team praying together in the back room, asking to be guided to help heal with caring and kindness and compassion." That faith note struck a chord with him, and he's been with us ever since.

"Dr. Laura got me started," he said. "A brilliant, no-nonsense lady. My primary is now Dr. Chris Shoemaker. He's a wonderful man who's been there for me through thick and

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thin. I get counseling too there with Hannah, a very gentle soul who's a great listener and very helpful."

John recalled other markers on the journey, too. The volunteer contractor who was bringing in donated furniture and fixing the paneling in the lobby. The families he saw who would've been turned away probably if not for Exalta.

And he spoke glowingly of eventually becoming a dental patient, "even getting a root canal I could've never paid for elsewhere," he said. For John, Exalta Health is more important than ever now.

"It is medical care not based on the almighty dollar," he said. "It's based on kindness, compassion and spiritual values that say people first, that say everyone deserves great medical care regardless of lack of money or status in society."

**Sounds like music to our ears.**



**Questions about registration?**

Email Karleigh  
khoekstra@exaltahealth.org

**Questions about Exalta Health?**

Email Sandra  
smuthyala@exaltahealth.org

# Join Us at ArtFeast this Spring

ArtFeast has become a signature event for Exalta Health. A feast for the senses, Art-Feast features the work of local artists, live music, and lots of diverse food. We hope to create an exhilarating environment for bidding on local artwork and other merchandise. Some artists will be in attendance personally displaying their work.

This year's event is extra special as we celebrate ArtFeast's 10th anniversary! We are very excited and giving thanks that after two years of hosting this event virtually, ArtFeast10 will be in person at The High Five GR!

Mark your calendars for Thursday, May 5, 2022 as Exalta Health celebrates being back in person and the 10th anniversary of Art-Feast!! It's the perfect way to spend a spring evening with friends. All proceeds from the auction will help provide quality, accessible healthcare to our community.

Learn more about the event and to register, visit our website:

→ [www.exaltahealth.org/events](http://www.exaltahealth.org/events)

### Partner Highlight

## Crossroads Bible Church

For Crossroads Bible Church, located just north of Fish Ladder Park on the west side of Grand Rapids, supporting Exalta Health checks several boxes.

First, there's the fact that both Exalta Health employees and a Board member belong to Crossroads. We often brag about our employees (for good reason). They are great at their jobs and also awesome ambassadors for us.

Beyond that, Crossroads not only has a well-thought-out mission and focus but also has thought through how to support the organizations that they believe extend and expand their mission.

City Missions Pastor Jeremiah Weismann noted that the Crossroads mission verse is Micah 6:8 with its focus on justice, mercy and walking with God in humility. He sees those same values at Exalta Health.



“They are a justice-minded organization that cares for people who fall through the cracks and advocates for them,” he said.

“They show mercy in the holistic care they provide for the people they work with. And they humbly continue in this work that God has led them in. We are so thankful

for them and the ways that they display the love and care of Jesus day in and day out to our city.”



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## Volunteer Highlight

# Astrid Rozo-Rivera

Astrid Rozo-Rivera is a Colombian doctor and a certified American Family Nurse Practitioner. To say that we are fortunate to have her as a volunteer at Exalta Health is probably an understatement. Though we are fortunate, we are also blessed. And grateful. She is an amazing resource and an amazing person.

During her extensive career, she has practiced in different settings and specialties, including moving from Grand Rapids to Atlanta seven years ago and then returning with her husband

to Grand Rapids, a place she describes as “a peaceful city with such beautiful seasons.

Astrid began volunteering for us back when we were known as HIS or Health Intervention Services. And when she speaks about Exalta Health, it is clear that we also are a blessing to her.

“Exalta Health feels like returning home, after having served at HIS,” she said. “This is my favorite place to work and serve because I love the ministry, the work environment, and the staff with whom we can offer holistic services to a community in great need. At Exalta Health, I go to the medical mission field without leaving my city, and when I go back home I am rejoicing after having taken care of these precious people from different countries and circumstances.



**This is my favorite place to work and serve because I love the ministry, the work environment, and the staff with whom we can offer holistic services to a community in great need.**

“When I take care of Exalta patients, I am so blessed at the same time I am serving, always receiving more than I give. I am so happy to be back home.”

**Welcome home, Astrid. We are so glad you are back!**

**Exalta Health**

2060 Division Ave S  
Grand Rapids, MI 49507

*Address Service Requested*



**Save  
the Date**

**ArtFeast 10** —→ Thursday, May 5  
**Golf Outing** —→ Monday, August 8  
**Annual Luncheon** —→ Wednesday, October 12  
[exaltahealth.org/events](http://exaltahealth.org/events)