



Community Paramedicine extends in-home care



Belgrade Regional Health Center and Delta Ambulance are teaming up as partners in a pilot project to explore the role of Community Paramedics in Maine.

“Community Paramedicine” is a tool used in other rural parts of the country to bring basic health care resources to patients through contact with emergency services personnel such as EMTs or paramedics.

This is a new technique to be used in Maine, and we will be piloting the services in our area. This opportunity will provide home safety assessments, basic physical assessment and vital signs measurement, lab draws, and some immunizations (such as flu shots) to patients of BRHC who meet criteria for the program.

“Our goal is to be able to offer services to our patients who are unable to visit us in the health center,” says practice manager Wendi Wainer. “We are all excited to be teaming up with a great organization like Delta Ambulance to pilot this program.”

These services, delivered by Delta’s trusted and experienced EMTs and paramedics, will be offered free of charge. We expect to get the program rolling in early 2013.

The Faye Fund

In November, our staff said farewell to longtime colleague and friend, Faye Nye, RN. As a nurse at Belgrade Regional Health Center for over 24 years, Faye dedicated herself to the care of our patients. In recognition of her commitment and compassion, the Board of Directors and clinic staff created “The Faye Fund”. This fund will be used to purchase medical equipment that can be taken out on loan from the health center. Items such as blood pressure cuffs, home scales, and pedometers will be available for patients to use to monitor and track their own progress in managing their medical conditions. We believe that this fund embodies Faye’s devotion to improving our patients’ health. We are very grateful for Faye’s service to our community, and we wish Faye and her family all the best as the journey continues.



Patient Perspective on Portal



Belgrade patient
Jamie Corriveau

Are you using the Patient Portal? It's free and provides a great way to ask questions, refill prescriptions, get test results, check medications, request an appointment, and more from the comfort of your personal computer. Stop in and ask a member of the team to enroll you!

Jamie Corriveau of Kingfield has been using the portal regularly this year to request appointments and get test results. His primary care provider, Amy Madden, MD communicates with him directly using the portal answering Jamie's questions. This service has proven valuable to him since he lives so far from the health center and travels to see Amy.

"I get my test results sent to me online and I'm not looking in the mailbox waiting for them," says Jamie. "I'm happy to have the Portal. I haven't seen such a service anywhere else."

Ask a staff member about signing up for the Patient Portal at your next visit!

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A proud member of

HealthReach
Community Health Centers

Community Care Team

Belgrade Regional Health Center has partnered with the Kennebec Valley Community Care Team (KVCCT).

Today's healthcare system can be confusing and hard to understand.

If you have:

multiple health problems, feel out of control and have trouble managing all the things your provider suggests may help you feel better

—you may want to ask about the Kennebec Valley Community Care Team (KVCCT).



Quality Counts
Better Health Care. Better Health.

KVCCT will work closely with your primary care provider and office staff, listen to your ideas, support your priorities, and make sure you get the care you need!

Please ask our team if this resource would be a good fit for you!

Health Tips

Healthy Eating Tips for the Holidays By Nancy Flewelling, LPN

It's the most wonderful time of the year...turkey, and stuffing, and pies, oh my!!! The holiday season is a time for parties, family gatherings and lots of those wonderful foods that come around once a year. As the holiday season approaches, let's give some thought to all the calories we may consume. With a few tips, you can keep from eating too much during this holiday season but still enjoy the traditions.

Moderation is key

Know that it's OK to eat all those scrumptious foods, but try eating in smaller portions, or choosing only the items that you see just once a year.

Switch up your holiday meals

- Cooking the stuffing for a turkey in a casserole dish and baking it instead of cooking the stuffing inside the turkey will reduce the fat content.
- Green bean casserole is a favorite holiday veggie dish - instead of the casserole, try green beans with slivered almonds.
- As for pies - how can you change these! Smaller portions and leaving the majority of the crust on your plate will reduce the calories you take in while still letting you enjoy the treat.



Plate size matters

Grab a small plate. This makes it easier to take less.

Drink plenty of water

Drink a glass of water before you sit down to eat and during the meal. You'll get a sense of fullness that will help you pace your meal and not overdo it.

Eat low-calorie munchies

If you choose to nibble on the munchies that are served before the meal, go for the veggies and fruit. Save your calories for the meal.

Navigator Program can save you money



Did you know that there is someone at BRHC standing by to help you save money and make your health care experience easier?

Crystal Fitch, LSW is our resident Navigator expert.

Through the Navigator program, Belgrade patients find help in determining what health care benefits they are eligible for and how to apply. They also obtain support if they encounter enrollment or renewal problems.

In other words, Crystal will take the time to explain and help you through the application processes of programs designed to offer reduced health care services.

Crystal has helped lots of patients just like you and lessened their burden of filling out daunting paperwork and dealing with organizations on the phone.

Call Crystal Fitch today at (207) 649-4631 or toll free at 1800-299-2460.



Tis the season to quit



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Behavioral
Health
Specialist
Jessica Hopkins,
LCSW*

1. Plan for a quit day. Make sure to tell your friends and family you are quitting. Get rid of all ashtrays, cigarettes and clean your house and car out.
2. Stock up on hard candies, lollipops, gum, toothpicks, pens or anything small you can fidget with instead of a cigarette.
3. Consider a form of nicotine replacement therapy and talk with your doctor.
4. Remind yourself what benefits there are with quitting smoking. Use support services such as the Maine Tobacco Helpline, support groups and counseling.
5. Create a list of distraction activities or hobbies to keep your mind busy and focus on something else.
6. Reward yourself when you have had a few days, a few weeks or months with successful quitting.
7. Ask yourself how you can change your daily routine to avoid the places that you often smoked.
8. Be creative! Ask yourself what plan or method will work best for you and stick to it.

