

HEALTHBEAT



News from Belgrade Regional Health Center

Summer 2014

4 Clement Way (off Rt. 27), Belgrade, ME 04917 | 207.495.3323 | BelgradeCHC.org

A message from Wendi Wainer, Belgrade Practice Manager:



Wendi Wainer, Practice Manager

There are so many wonderful things happening at our Health Center! Here are some highlights I would like to share with you.

Our Healthy Gains initiative continues to be a big success! At our last quarterly class in May, participants had a wonderful time learning about how to affordably grow a salad garden in various small spaces and Pierce's Greenhouse offered helpful tips and donated seedlings. We all got our hands dirty planting seedlings and everyone took some salad vegetables to grow at home. We also learned about local resources for fresh produce, Farmers Markets' and Community Supported Agriculture (CSAs) with one family winning a drawing for a seasonal membership to Buttermilk Hill Farm (thanks to the Farm's generous donation)!

Please join us on Wednesday, August 13 at 5:00 PM for our next Healthy Gains quarterly class! It is will be fun and educational for all participants.

In keeping with our initiative to encourage healthy lifestyles for our patients and community, we are excited to announce that our center has built a walking trail! The trail was recently completed by Brian Alexander of Red Oak Enterprises. It follows the perimeter of our property, it is ADA accessible and open year-round. Snowshoes and cross-country skis will be welcome in the winter months. In celebration of **National Community Health Center Week**, we will hold a **formal ribbon-cutting ceremony on Friday, August 15**. Events will include a cookout, live music, a fun and educational Story Walk for the kids, and more. Our care team partners Delta Ambulance and Kennebec Valley Community Care Team will also be present. We invite everyone to join us.

We thank you for choosing us as your healthcare team!

In Health,

Wendi Wainer

DID YOU KNOW?

- ☺ We are accepting new patients! Kids too!
- ☺ We have podiatrist Bert Mason here one day each month.
- ☺ We work with student learners.
- ☺ AmeriCorps VISTAs serve with HealthReach and Belgrade Regional.
- ☺ We have Behavioral Health Services at the Health Center.

Meet our Team!

Thanks for choosing us as your medical care team. Please take a moment to learn about everyone here at the Belgrade Regional Health Center.



Wendi Wainer, Practice Manager

Wendi joined Belgrade Regional Health Center in 2011. She brought many years in the medical field to the team. In earlier years, Wendi worked as a X-Ray Technician and an Orthopedic Technician. Several years ago, she moved to medical office management. "I am so happy to be working here in my community and I look forward to continuing the great work we are doing for many more years!"

Amy Madden, MD

Amy has been providing care at Belgrade since 2008. Prior to this, her experiences with medical care include working on projects addressing HIV/AIDS with the Peace Corps in Central African Republic and Malawi, as well as working in a sexual assault crisis center in Maine. Dr. Madden's clinical areas of interest include preventive care for the entire family, management of chronic illness, and community.



Rob Cianfarano, PA

Rob joined the medical team in June 2013. He brings experience in family practice, internal medicine and cardio-thoracic surgery. In addition, he has supervised physician assistant students during clinical rotations in both Maine and New York. "I believe in preventive medicine and patient education. There is no better way to do this than by treating the whole family. I am excited to join the Belgrade staff as their approach to patient care and community involvement is outstanding."

Jessica Hopkins, LCSW

Jessica has been in the field of social work for many years working with children and families. Professional interests include: trauma, substance abuse, perinatal social work, couples counseling, communication and health and behavior change. Hobbies include: watching various sports, gardening, exercise, cooking and spending time with friends and family. We are so fortunate to have her expertise on this team for our patients.



Lisa LaGrange, FNP

Lisa began seeing patients at Belgrade in August 2013. She brings nursing experience in emergency, critical care, medical/surgical nursing, oncology, and homecare settings. She is a member of the Maine Nurse Practitioners Association and the Sigma Theta Tau International Honor Society for Nursing. Her clinical areas of interest/expertise include family practice, emergent care, and oncology.

Sherene Roberts, RN Care Manager

Sherene has been with Belgrade since 2012 and has been a long-time member of our community. She grew up in Mt. Vernon and currently resides with her family on her farm in Mercer. She is an avid organic gardener. Sherene is passionate about great patient care and is leading the way with our Healthy Gains program!



Sandi Grondin, MA

Sandi joined the medical team in April, 2014. She lives in Livermore and is also a member of the Androscoggin County Emergency Rescue Team (CERT). "I decided to become a Medical Assistant a little later in life than some (I am 64), but I know that I am finally in the right line of work. I enjoy what I am doing, and I like working with the entire team here."

Ann Schwab, Outreach and Enrollment Specialist

Having worked as an Occupational Therapist for 9 years, Ann is pleased to expand her services into primary care. Access to healthcare is often slowed because people do not realize that there are resources to help them. Ann enjoys working with people to help them connect with available services so that they can get the care they need.



Steve Missler, MA

Steve has been a medical assistant with us for one and a half years now. Patients love being greeted by Steve and always remember him by name. "My passion is our patients," he says. "I enjoy rooming them and doing their labs with friendliness and compassion." Steve also says, "I love to fish, but never get to do enough of it!"

Meet our Team! continued



Stacey Morin, MA

Stacey is pleased to join Belgrade and is looking forward to serving the patients of the Belgrade community with exceptional care and compassion. Her spare time is spent training her yellow labrador retriever, Grace, to become a therapy dog and volunteer in hospitals and nursing homes. Her only son is a U.S. Marine and just returned from Afghanistan. She is very proud of him and very relieved that he is back in the U.S.

Jessica Veilleux, Care Coordinator

Jessica joined us here at Belgrade in 2013 and she brings with her many years of clinical experience. She is a life-long member of this community and is excited to be the first person to fill this new position within the health center.



Kelly Harding, Front office team

Kelly is excited to be part of the wonderful team at Belgrade. When she is not at work, she is spending time with her family, friends and her two little boys who keep her very busy. She is often outside either playing sports with them or cheering them on at one of their games. She is a very proud mom and we are happy to have her as part of our team.

Carrie Parker, Front office team

Carrie joined our front office team in June, 2013. She is a resident of our Belgrade community and has lived here with her family for the past seven years. Carrie is currently finishing up her degree in Medical Administration and Health Care Science. She is very outgoing and friendly and a fantastic addition to our team!



Wendy McCarthy, Front office team

Wendy joined the health center in April, 2014. She lives in the community and enjoys working and seeing so many of the people she knows in town when they come to the center. Wendy is married with two grown children. She loves her dogs and is an exercise enthusiast.

Heather Tibbetts, Clinical Support Specialist

Heather has worked in the medical field for six years and has been very glad to join a team in her community. When Heather is not at work, she loves spending time with her animals. She enjoys caring for and raising a variety of farm animals! As a member of this team, "I believe patients deserve fair treatment and respect. I do my best to help all of our patients."



Children's Corner

Information about our programs for children and their families.

CHOP CHOP MAGAZINE

You may have noticed Chop Chop Magazine in the waiting area, patient rooms and at check out. ChopChopKids is an innovative non-profit organization whose mission is to inspire and teach kids to cook real, healthy food with their families. The magazine is filled with tasty recipes, easy preparation and cooking instructions for the whole family. Each quarterly edition offers kid-friendly nutritional information, fun exercise and introduces a superfood. We have found both children and adults enjoying the recipes and the magazine as a whole.



Ask for a copy of Chop Chop during your next visit or visit www.chopchopmag.org.

Connecting with Community

LIVING WELL SERIES



Emily Owen, AmeriCorps member and Living Well Series co-facilitator

The nationally recognized Living Well for Better Health six-week series came to Belgrade Regional Health Center this spring.

We had full attendance for the series, and participants learned methods and practices

to improve their health.

Created by the Stanford School of Medicine, this class is designed to better the health of individuals with chronic illnesses such as diabetes, chronic pain, and high blood pressure. Participants work within a supportive environment and learn the tools and techniques to take charge and manage their chronic conditions. Topics discussed include stress management, settings goals, eating well and medication use. Our health center partnered with Spectrum Generations, the Area Agency on Aging for central Maine.

“The action planning in the series holds people to their goals and motivates them to be successful. It is fun to watch everyone bond as a group and open up over the six-week period,” said Emily Owen, AmeriCorps member and co-facilitator.



Belgrade Regional Health Center is one of 11 practices of



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COOKING MATTERS

This Spring, our health center began a six-week Cooking Matters course. The course is part of the national *No Kid Hungry* campaign and is locally sponsored by Hannaford and organized through Healthy Maine Partnerships. Cooking Matters has been recognized by the USDA and by Michelle Obama’s *Let’s Move!* campaign for excellence in nutrition education.



For over 20 years, Cooking Matters has provided hands-on cooking and nutrition classes to low-income people at risk of hunger. During each class, participants prep ingredients, cook healthy and simple dishes, and then sit down to eat together. A nutritionist is present to guide participants and offer information about nutrition and healthy cooking alternatives. During week four, the class meets at a local Hannaford for a tour of the store, tips for stretching every dollar, and making smart shopping choices. At the end of each course, participants take home a bag of groceries with the ingredients necessary to make the meal that was made during the class.

PRE-DIABETES PREVENTION CLASSES

Jessica Veilleux, Care Coordinator recently brought a highly popular Pre-Diabetes Prevention class to Belgrade after she was trained and certified by MaineGeneral to facilitate the series. Attendees learn skills to prevent diabetes through weekly meetings with a lifestyle coach and a peer support group. The classes are funded by MaineGeneral from a Centers for Disease Control and Prevention grant. Our classes had full attendance, and one participant was so inspired by her experience, she has decided to become a lifestyle coach in future classes!



Jessica Veilleux, Care Coordinator