

# HEALTHBEAT



News from the Belgrade Regional Health Center

Winter 2014



*A message from Wendi Wainer, Belgrade Practice Manager:*

I am very proud of our team at Belgrade and the hard work we accomplish every day. In reflection of our accomplishments in 2013, we are pleased to include stories about the many ways we are working to meet our patient's needs.

❄ **Two new providers joined our team!**

The addition of **Rob Cianfarano, PA** and **Lisa LaGrange, FNP** has been welcome by our staff and patients. Both Rob and Lisa have many years of experience, a commitment to our community and an eagerness to promote growth in meeting patient needs.



Wendi Wainer, Practice Manager

❄ **We added two new positions to our team!**

**Jessica Veilleux, Care Coordinator**, comes with wonderful experience and a background as a respiratory therapist. Her clinical skills and eagerness in taking a proactive approach to patient care have allowed us to manage patient needs at a new level. We are fortunate to have a Care Coordinator on site.

**Ann Schwab, Outreach and Enrollment Specialist**, has a clinical background as an occupational therapist. As a Certified Application Counselor, Ann is trained to help patients and members of the community look for and enroll in health coverage through the Affordable Care Act's Marketplace. She can also identify resources that can help cover healthcare costs. Please reach out to Ann if you have any need for help in these areas.

❄ **Ask about the Pre-Diabetes Education Class.**

Our Pre-Diabetes Education class is free to patients and community members who are at risk for diabetes. After only a few months, the class has 10 very committed and inspirational participants, who have learned new healthy choices and lost 79 pounds collectively. Please check with us if you are interested in joining our next class!

❄ **Do you have Healthy Recipes?**

If you have healthy recipes which you would like to share with the community, please bring them to the health center. We are requesting contributions for our 2014 Healthy Gains recipe book, which will come out later this year.

❄ **We ended the year with the Belgrade Holiday Stroll**

A large number of our staff participated in Belgrade's 16th Annual Holiday Stroll and had a great time! Tying into our youth initiative, we offered an obstacle course for children with goodie bags to take home, a fire to huddle around, free popcorn and an opportunity for folks to learn more about us. See you there next December!

In wellness,  
Wendi Wainer, Practice Manager

## **STAYING HEALTHY IN THE WINTER**

*From Robert Cianfarano, PA*

Now that winter is here many of us struggle to keep up with a regular exercise program. Remember that there are many ways to burn calories without a structured exercise routine. Even shopping for the recent holidays burned 81 calories every 30 minutes.

People who enjoy the outdoors can burn even more calories. In just 30 minutes, snowmobiling burns 117 calories, ice skating 252 calories, sledding 234 calories. Downhill skiing burns 297 calories, while cross country skiing burns 387 every 30 minutes. Chopping wood burns 207 calories, shoveling your driveway burns 216 and even snow blowing burns 162.

Get the kids outside to have some fun, fresh air, and to burn some calories. Every hour, building a snowman burns 285 calories, snow shoeing burns 465 calories, and sledding burns 407 calories. Having a snowball fight burns 319 calories per hour and making snow angels burns 214 calories per hour.

Inclined to stay indoors? After 30 minutes, reading a book burns 36 calories and playing a board game burns 56 calories. Use your time cleaning and in half an hour burn 99 calories. Get into yoga and burn up to 238 in just 30 minutes.

So remember, in the winter you can still burn calories without an exercise routine. Get up, get out and get fit. Swimsuit weather is just around the corner.

Note: Calculations based on a 150 lb. person.  
<http://www.thatsfit.com/2010/12/28/winter-activities-how-many-calories-do-they-burn/>

## **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 State/National volunteers and AmeriCorps VISTAs serve with HealthReach and Belgrade Regional.
- ☺ We have Behavioral Health Services at the Health Center.

## **THE FAYE FUND**

*From Amy Madden, MD*

Are you watching your blood pressure? Do you take multiple medications? Are you hoping to make your life healthier through regular exercise? Belgrade Health Center has tools that can help you manage your health conditions and strengthen your health. We established "The Faye Fund" in honor of Faye Nye, RN, who retired in 2012 after more than twenty years at the health center. The monies from the fund are used to purchase blood pressure cuffs, medication organizers, pedometers, and other tools for our patients to use to improve their health. Some of the equipment is loaned out while other items, such as the medication organizers, are given to patients to keep.

We would like to hear from you about the tools that you think would be helpful for us to consider adding to the Faye Fund!

Contact us at (207) 495-3323.

## **COMMUNITY PARAMEDICINE UPDATE**

*From Amy Madden, MD*

Since June, our Community Paramedic Program has been going strong. We are proud to say that we will continue to work with our partners at Delta Ambulance to provide this unique, free service to our patients who might otherwise have difficulty accessing care. Our Community Paramedicine project has been connecting highly trained paramedics and EMTs with patients who are homebound or who have trouble traveling to the office. These professionals have been providing care to our patients at home since the program began. They take vital signs, examine patients, assess response to medications, collect blood specimens, and then communicate their findings back to the appropriate provider at the health center. Recipients of this service have been very pleased with the care provided.

We are happy to announce that we will be expanding this pilot project further in partnership with Winthrop Family Medicine and Winthrop Ambulance Service. As the Greater Kennebec Community Paramedicine Pilot, we will provide this unique approach to health care delivery to over 9,000 patients in the Augusta and Waterville region.

## HEALTHY GAINS

From Sherene Roberts, RN Care Manager

Our Healthy Gains program held its first quarterly meeting in November. Christopher Anderson, chef and owner of Wings Hill Inn in Belgrade made a delicious healthy stir-fry with seasonal local vegetables. He also introduced us to some new vegetables, making this meal delicious and educational. Madeleine Martin, SNAP-Ed Program Coordinator and Registered Dietician, discussed how to incorporate healthy alternatives into meals, shop on a budget and read nutrition labels. In addition, our staff made healthy snacks for everyone to try and provided handouts on local activities, recipes and tips for success.

Jill Rancourt, Personal Trainer, offered 6 weeks of free exercise classes twice a week to Healthy Gains participants. This was made possible with support from our Board of Directors. Participants enjoyed personal instruction while staying close to home in Belgrade. Stay tuned, new classes will be offered in 2014.

Our next Healthy Gains Quarterly Class will be on May 8th. Topics will include "Growing Your Own Salad in Any Space and on a Low Budget," local resources for farmers markets, Community Supported Agriculture programs (CSAs), and much more!



Belgrade Regional Health Center

## BELGRADE REGIONAL HEALTH CENTER PATIENT ADVISORY COUNCIL

Our Patient Advisory Council (PAC) members work with us to collaborate on topics every other month. The PAC helps us to incorporate patient perspectives into our work here at Belgrade. To find out more, or to ask the group to work on a particular topic, please reach out to our Practice Manager, Wendi Wainer.



### Belgrade Patient Advisory Council:

(left to right) Faye Swanholm, Rob Levine, Pat Gammon, Kathy Levasseur, Kathi Smith, Brenda Davenport, Matthew Chandler  
Not pictured: Donna Anderson, Jean Boudreau, Doris Mathias, and Val Schmitt

## Upcoming Events at Belgrade

- ◇ Feb. 17. 5:00-6:00PM **1st Peer Support Time** at Belgrade Regional Health Center. Healthy Gains Participants gather to make connections, talk about the support they need, and discuss goals.
- ◇ Feb. 19. 1:30-3:00PM **Hannaford Grocery Store Tour** at Elm Plaza in Waterville.
- ◇ Feb. 21. 9:30-11:00AM **Hannaford Grocery Store Tour** at JFK Plaza in Waterville.  
To register or for more information on Hannaford Store Tours call Madeleine Martin at 861-5204.
- ◇ March 4. - April 8. 6:00-8:00PM **Free Cooking Matters!** course at Belgrade Center for All Seasons. For more information contact Belgrade Regional Health Center at 495-3323.
- ◇ March 28. 4:00-5:00PM **Pre-Diabetes Education Class** at Belgrade Regional Health Center. Participants learn skills to prevent diabetes through weekly meetings with a lifestyle coach and a peer support group.
- ◇ May 8. 5:00-6:30PM **Healthy Gains Quarterly Class**. Class topics include "grow your own salad," local resources for farmers markets, and CSAs.

# 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**

Almost three years ago, Wendi joined Belgrade Regional Health Center, coming to the team with many years in the medical field. 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."

**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.



**Jessica Hopkins, LCSW**

Jessica has been in the field of social work for 12 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.

**Nancy Flewelling, LPN**

Nancy has been a nurse at Belgrade since October 2008. She has been a nurse since 1983 and practicing here in Maine since 1984 when she moved here from New York. Nancy is originally from Kodiak Island, Alaska. She says "I wanted to be a nurse since I was a tween. I had a friend who was an ED nurse for many years who got me interested. That friend still practices today, 30+ years later. When not here working with patients, I enjoy riding with my hubby on the motorcycle, traveling, camping and family time."



**Sherene Roberts, RN Care Manager**

Sherene has been with Belgrade for more than a year 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!

**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!"

**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.



**Nancy, MA**

Nancy started with Belgrade a year ago. She brings eight years of experience in a family practice setting and additional years in the medical field. With these years of experience, Nancy brings a vast knowledge, excellent clinical skills and a very compassionate attitude. She has also taken on the role as our Safety Coordinator.

**Jessica Veilleux, Care Coordinator**

Jessica joined us here at Belgrade last July 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.



**Shelley O'Neal, Clinical Support Specialist**

Shelley began working here in September of 2011 on our front office team. She transitioned into our newly created role that helps support our clinical team. Shelley manages our immunization program. She is also very eager to contribute to our community initiatives!

**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 several months ago. 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!

**Heather Tibbetts, Front office team**

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.



As a newly registered 5-2-1-0 Let's Go! healthcare site, Belgrade Regional Health Center will begin to use the 5-2-1-0 Let's Go! healthcare resources during Well Child Checks. 5-2-1-0 Let's Go! is a nationally recognized, statewide childhood obesity prevention program which focuses on helping children and families form healthy habits. The overall goal of the program is to increase physical activity and healthy eating habits in families and children from birth to 18 through policy and environmental change. The program is centered around the 5-2-1-0 message:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Talk to your doctor today about healthy habits for children or visit [www.LetsGo.org](http://www.LetsGo.org) for more information.

## 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](http://www.chopchopmag.org).

## RAISING READERS



Many studies show that reading to children from birth helps them to develop pre-reading skills and literacy. In addition, children who are read to from an early age, tend to be better learners when they begin school. We support these early reading skills by giving each child from 2 months to 5 years old an age appropriate book at each well child check. The Raising Readers program is supported by the Libra Foundation and has been furnishing books to Maine children since 2000.

Furthermore, all the books on the bookcase in the waiting area are a part of our Book Swap program. If you see a book that you or a child may like, go ahead and take it. If you have books at home that another child may like, bring them to the health center and we will include them in the swap.

## FROM THE FIRST TOOTH



This year, we introduced the From the First Tooth program into our practice. Our providers conduct basic oral health assessments, apply fluoride varnish and provide counseling to parents about proper oral healthcare at well child checks. These services are provided from the eruption of the first tooth until the child is three years old.

## BELGRADE REGIONAL HEALTH CENTER

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