



LIFESPAN FAMILY HEALTHCARE

VOLUME 1, ISSUE 1

FALL/WINTER 2013

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Office Hours

Monday:
8:30am - 5:30pm
Tuesday:
8:30am - 4:30pm
Wednesday:
7:20am - 4:30pm
Thursday:
8:30am - 4:30pm
Friday: Closed

Have you had your Flu Shot yet? Call to schedule your appointment today!

Dear Patient - Happy Holidays!

I am honored to greet you from our very first seasonal newsletter. The idea of a Lifespan Family Healthcare newsletter was hatched by a team member and enthusiastically supported by our Patient Advisory Council. For months we toyed with this idea, discussing the goal and content. It always came back to our desire to stay connected with this great community. You are an essential member of the healthcare team, and we hope that this letter will both be informative as well as a way to feel connected to this Lifespan team. Please read this and give us feedback as to what you would like to see in this quarterly publication - whether it be educational materials on hot topics, the changing landscape of healthcare, or a little more about who we are. Every morning, I feel a deep gratitude for the wonderful, caring, talented healthcare team that I work with here at Lifespan Family Healthcare. Along with this comes a gratitude for You, the patient, who have been willing to trust us and join with us in making a difference in your health. Read on, friend, and let us know what you think. Think of this as a newsy letter from your healthcare home and don't forget to submit a title suggestion!

Warmly,

Dr. Michael Clark "Mike"



Patient Portal - A Way to Access Your Medical Records

WebView is an online program that allows you to view your medical chart online through a safe, secure web portal. You have the option of reviewing individual sections of your chart by category, including overdue health maintenance, lab results, current prescriptions and more. WebView also provides secure messaging services, making it possible to easily contact your provider and staff, at your convenience. Our hope is that WebView will aid you in your health maintenance and keep you more informed about your own health. WebView also offers online appointment requests, simple and easy to use and is a service offered to you at no cost. Ask Becky at the front desk for more information on how you can sign up to use WebView.





Did you know it's impossible to sneeze with your eyes open?

Mission Statement

To create a patient-centered medical home that serves our patients, their families and the community by providing team-based whole person healthcare with compassion and excellence.

Small town friends. World class care.

Annual Wellness Visit

What is an Annual Wellness Visit? Medicare has a new benefit that will help you make a plan with your healthcare team for how to stay healthy. This visit is for talking with your healthcare team about your medical history, your risk for certain diseases, the current state of your health and your plan for staying healthy. How is the Annual Wellness visit different from other visits? This is not the same as a yearly physical exam. Your doctor will not listen to your heart and lungs or check parts of your body. You probably will not get screenings or blood test during this visit. You get your Annual Wellness Visit after you have been enrolled in Medicare for 12 months. After your first Wellness visit, you then get a follow up Wellness visit every 12 months. Medicare will pay for the Annual Wellness Visit. Prior to you coming in for your scheduled visit, we ask you to go to www.howsyourhealth.org and answer the questions, print the summary off and bring it in to your visit.

The Patient Advisory Council

Established in 2010, the Patient Advisory Council (PAC) was created as a liaison between Lifespan Family Healthcare's staff and the patients they serve. The PAC meets once a month and consists of five patient-members who each volunteer for a term of at least one year. Through an on-going exchange of ideas, concerns, and information. Lifespan staff and PAC members focus on the Practice's priority to serve all patients at all time with compassionate care and efficiency. See the PAC new brochure available in the office or check out the members on the website, under "News".



Fred Finnemore, Paul Lewis
Katherine Garren, Liza Hall, Marjory Lalime

How to get prepared for winter and stay safe!



Winterize your home:

- Install weather stripping, insulation and storm windows.
- Clean out gutters and repair roof leaks.

Check your heating systems:

- Have your heating systems serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector, test batteries monthly.
- Install a carbon monoxide detector to alert you of the presence of the deadly, odorless, colorless gas.

Get your car ready:

- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded.
Include: Blankets, food, water, booster cables, flares, tire pump, maps, flashlight, first aid kit.

Follow these safety rules if you become stranded in your car:

- Stay with your car unless safety is no more than 100 yards away, but continue to move your arms and legs.
- Stay visible by putting bright cloth on the antenna, turning on the inside overhead light and raising the hood when snow stops falling.
- Run the engine and heater only 10 minutes every hour.
- Make sure the tailpipe is not blocked.

Our Marriages: Strengthening the Bond

The goal of emotionally focused therapy (EFT) is to help rebuild and strengthen the bond of connection between you and your spouse. As with many of us in a close relationship, there are times when we get stuck in negative patterns which can befuddle us, frustrate, enrage, or depress us. It is easy to get stuck here feeling like each other is the enemy. These painful patterns trigger protective responses from each of us in the relationship, causing us to become more entrenched in the negative pattern and heightening our sense of disconnection.

From an EFT framework, I work to help couples first discover and describe the negative patterns of interaction they get stuck in. I also work to guide both partners to look within themselves to understand the emotions that drive these negative patterns. As the couple becomes more able to truly listen and to share their own emotional experience within this negative cycle, they become aware of the deeper, more vulnerable emotions (hurt, sadness, fear) that are masked by more protective emotions (anger, frustration, numbness). Sharing these vulnerable feelings and needs ultimately evokes more empathy and compassion and allows couples to reach for each other rather than retreat to defensive patterns when triggered. Eventually, the couple will learn to share their deepest fears, needs, and longings, and feel the other “be there” thus shaping a new, more satisfying and connecting pattern of interaction. This emotional vulnerability and attunement creates the safe and secure bond that is the antidote for the negative, disconnecting patterns that you are now able to resist together.

Rebecca Clark, MS, LMFT-C

Lifespan Family Healthcare Team Member

Rebecca Clark, MS, LMFT-C: Co-owner and a founding member

Primary role: Marriage, family, and individual therapist; Mental Health professional;

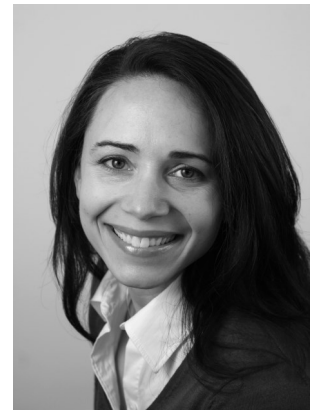
Various secondary roles: Hiring & Human Resource manager

Years on the team: from the beginning... Officially January 2005.

Honored: to be part of individuals' and families' journeys to a deeper level of personal understanding and relational bonds.

Energized by: Personal and professional growth; my work; running; music; faith; Lara Bars

Reading: Brene' Brown; Sue Johnson; Chronicles of Narnia (Lewis); Bible



Is it a cold or allergy you have?

You've got a runny nose, a cough, and congestion. So have you caught a cold or is it allergies?



Colds are caused by hundreds of different viruses. When one of these viruses gets into your body, your immune system attacks it. Some of the effects are classic symptoms of a cold, such as congestion and coughing. The germs that cause colds are contagious. You can pick them up when a person sneezes, coughs or shakes hands with you. After a couple of weeks, at the most, your immune system fights off the virus and you should stop having symptoms. To prevent cold symptoms, keep your distance from people who have colds, wash your hands often. To protect others, always cover your mouth and nose (with a tissue or your sleeve, rather than your hands) when sneezing or coughing.

Allergies are caused by an over active immune system. For some reason, your body mistakes harmless substances, such as dust or pollen, for germs and attacks them. Your body releases chemicals such as histamine, just as it does when fighting a cold. This can cause swelling in your nasal passages, a runny nose, coughing and sneezing. Allergies are not contagious, although some people may inherit a tendency to develop them.

For access to a provider after hours or on the weekends.

Call the on-call number.

207-882-1062

Telephone Extensions Quick Reference

- 1 - Office information
- 2 - Scheduling
- 3 - Medication refills
- 4 - Rebecca - Shane's medical assistant
- 5 - Sandy - Billing / Administration
- 6 - Kelli - Dr. Clark's medical assistant
- 7 - Mickie - Referrals
- 9 - Cally - Medical records
- 0 - Becky - Front Desk



LIFESPAN FAMILY HEALTHCARE

80 River Road
Newcastle, ME 04553
Tel: 207-563-3366
Fax 207-563-3393



Apple Crisp - Diabetic



Filling

5 cups sliced peeled cooking apple
2 tablespoons sugar or sugar substitute* (equivalent to 2 tablespoons sugar)
1 teaspoon lemon juice
1/2 teaspoon apple pie spice

Topping

1/2 cup regular rolled oats
1/4 cup sugar or sugar substitute* (equal to 1/4 cup sugar)
3 tablespoons all-purpose flour
1/4 teaspoon apple pie spice
3 tablespoons butter
Frozen light whipped dessert topping, thawed (optional)

We would like to reserve this part of the newsletter with any recipes you may like to share. We will pick 1-2 recipes to include in our next newsletter.

Directions

For filling: Preheat oven to 375 degrees F. In a large bowl combine apples, sugar or sugar substitute, lemon juice, and apple pie spice. Transfer apple mixture to a 2-quart square baking dish. For topping: In medium bowl, combine oats, sugar or sugar substitute, flour, and apple pie spice. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping over filling.

Bake for 30 to 35 minutes or until apple is tender and topping is golden brown. Serve warm. If desired, top with whipped topping. Makes 8 (1/2-cup) servings.

*Sugar Substitutes: Choose from Splenda® Granular, Equal® Spoonful or packets, or Sweet 'N Low® bulk or packets. Follow package directions to use product amount that's equivalent to sugar needed.

Nutrition Facts Per Serving:

Servings Per Recipe: 8, Sodium: 33mg, Sat. Fat: 2g, Chol.: 12mg, Fat, Total: 5g, Carb.: 24g, Protein: 1g, Calories 142, Fiber: 2g

Diabetic Exchanges: Fruit: 1, Carb Choice: 1.5, Fat: 1, Other Carb: 0.5